KASHI AYURVEDA SERIES
52

BHĀVAPRAKĀŚA NIGHAṆṬU

(Sanskrit Text with English Translation)
(Revised Edition)

Edited by
Dr. Amritpal singh
Dr. Ashok Bishnoi

CHAUKHAMBHA ORIENTALIA
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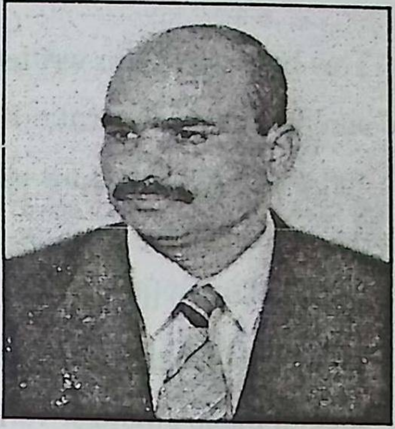

Foreword

Nighantus are considered to be an essential tool for medical practice by a physician. As said that a medical practitioner without the knowledge of *Nighantus* would be ridiculed just like a scholar without grammar or an archer without practice. So for attaining superlative degree of proficiency in the medical field, it is desired that the physician should have proper command over *Nighantus.* These *Nighantus* are treasures containing ample information of every aspect of different medicines and formulations which forms the fourth *Pada*as *Aushadhi*amongst the *Chikitsa Chatuspada* which are very crucial for curing any disease. Sofor thorough study and contemplation of these *Nighantus* with a view to procure more and more of its understanding in order to gain expertise in the subject matter very less books are available in this regard. Moreover in this era neither scholar nor the teacher devote so much of their neither time nor do they have relative adequate knowledge about Sanskrit knowledge which enables them in proper understanding of the text and assimilate the subject matter in its apt sense. So in this context a genuine endeavor has been made by **Dr. Ashok Bishnoi and Dr. Amritpal Singh** in compiling this book by translating the subject matter in English language with an attempt for precipitating its true essence enabling the accurate and easy understanding of the *Nighantu* amongst the medical fraternity.

This book has been written with an attempt to present the subject matter in a very simple manner to make it more and more comprehensible to the readers and the entire possible venture has been made in collecting all the available material of the subject. The authors have worked hard in a very short time to make this *Nighantu* very useful. So I congratulate both the authors for their gentle attempt in writing this book and I wish them all the best luck that this book will also holds a special place amongst various other publications available on MateriaMedica.

Professor Mahesh Vyas
Dean PhD
AIIA, New Delhi

PREFACE

I feel happy to present the revised edition of *Bhāvaprakāśanighaṇṭu* due to persistent demand from the market and the publisher. Several mistakes were noted in the first edition of *Bhāvaprakāśanighaṇṭu* and it was an apparent reason for bringing out revised edition. Several botanical names and families have been rectified as per botanical taxonomy. Special emphasis has been given in correct insertion of the *śalōkas*.

Dr.Amritpal Singh

Dr. Ashok Bishnoi

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Chapter 1: *Harītakyādivarga*

1.1:*Harītakī-Terminalia chebula* Retz (Combertaceae)

दक्षंप्रजापतिंस्वस्थमश्विनौवाक्यमूचतुः ।
कुतोहरीतकीजातातस्यास्तुकतिजातयः ॥१॥
रसाःकतिसमाख्याताःकतिचोपरसाःस्मृताः ।
नामानिकतिचोक्तानिकिंवातासांचलक्षणम् ॥२॥
केचवर्णागुणाःकेचकाचकुत्रप्रयुज्यते ।
केनद्रव्येणसंयुक्ताकांश्चरोगान्व्यपोहति ॥३॥
प्रश्नमेतद्यथापृष्टंभगवन्वक्तुमर्हसि ।
अश्विनीर्वचनंश्रुत्वादक्षोवचनमब्रवीत् ॥४॥
पपातबिन्दुर्मेदिन्यांशक्रस्यपिबतोऽमृतम् ।
ततोदिव्यात्समुत्पन्नासप्तजातिर्हरीतकी ॥५॥

Introduction: Once upon a time *Aśvinī Kumar* brothers questioned *Dakṣa Prajāpati* about origin, synonyms, types, taste, description, properties and therapeutics of *harītakī*. *Dakṣa Prajāpati* told that when Lord *Indra* was consuming the nectar (*amrita*), one drop fell on the ground and it was from here the seven varieties of *harītakī*originated.

हरीतक्यभयापथ्याकायस्थापूतनाऽमृता ।
हैमवत्यव्यथाचापिचेतकीश्रेयसीशिवा ।
वयस्थाविजयाचापिजीवन्तीरोहिणीतिच ॥६॥

Synonyms:*Abhayā, pathyā, kāyasthā, pūtanā, amṛtā, haimavatī, avyathā, cētakī, śrēyasī, śivā, vayasthā, vijayā, jīvantī* and *rōhiṇī.*

विजयारोहिणीचैवपूतनाचामृताऽभया ।
जीवन्तीचेतकीचेतिपथ्यायाःसप्तजातयः ॥७॥

Varieties: *Abhayā, amṛtā, cētakī, jīvantī, pūtanā, rōhiṇī* and *vijayā.*

अलाबुवृत्ताविजयावृत्तासारोहिणीस्मृता ।
पूतनास्थिमतीसूक्ष्माकथितामांसलाऽमृता ॥८॥
पञ्चरेखाऽभयाप्रोक्ताजीवन्तीस्वर्णवर्णिनी ।
त्रिरेखाचेतकीज्ञेयासप्तानामियमाकृतिः ॥९॥

Origin of seven varieties: *Abhayā* originated from *Champā*, *Amrita* originated from *Champā*, *cētakī* originated from *Himācala*, *jīvantī* originated from *Sortha*, *pūtanā* originated from *Sindhau*, *rōhiṇī* is found everywhere and *vijayā* originated from *Vindhyācala*.

Features of seven varieties:

1. *Vijayā* is round in shape.
2. *Rōhiṇī* is oval in shape.
3. *Pūtanā* has large pericarp but lesser pulp.
4. *Amṛtā* has large pulp.
5. *Abhayā* is characterized by presence of five lines.
6. *Jīvantī* has pale yellow color similar to gold.
7. *Cētakī* is characterized by presence of three lines.

विजयासर्वरोगेषुरोहिणीव्रणरोहिणी ।
प्रलेपेपूतनायोज्याशोधनार्थेऽमृताहिता ॥१०॥
अक्षिरोगेऽभयाशस्ताजीवन्तीसर्वरोगहृत् ।
चूर्णार्थेचेतकीशस्तायथायुक्तंप्रयोजयेत् ॥११॥
चेतकीद्विविधाप्रोक्ताश्वेताकृष्णाचवर्णतः ।
षडङ्गुलायताशुक्लाकृष्णात्वेकाङ्गुलास्मृता ॥१२॥
काचिदास्वादमात्रेणकाचिद्गन्धेनभेदयेत् ।
काचित्स्पर्शेनदृष्ट्याऽन्याचतुर्धाभेदयेच्छिवा ॥१३॥
चेतकीपादपच्छायामुपसर्पन्तियेनराः ।
भिद्यंतेतत्क्षणादेवपशुपक्षिमृगादयः ॥१४॥
चेतकीतुधृताहस्तेयावत्तिष्ठतिदेहिनः ।
तावद्भिद्येतवेगैस्तुप्रभावान्नात्रसंशयः ॥१५॥
नृपादिसुकुमाराणांकृशानांभेषजद्विषाम् ।
चेतकीपरमाशस्ताहितासुखविरेचनी ॥१६॥

सप्तानामपिजातीनांप्रधानाविजयास्मृता।
सुखप्रयोगासुलभासर्वरोगेषुशस्यते ॥१७॥

Therapeutics of seven varieties:

1. *Vijayā* is supposed to cure all the diseases.
2. *Rōhiṇī* helps is curing ulcers.
3. *Pūtanā* is highly recommended for making paste.
4. *Amṛtā* is useful for purification of the the body.
5. *Abhayā* is beneficial in eye ailments.
6. *Jīvantī* is beneficial in all diseases.
7. *Cētakī* is best for powder or pulverata. It is further of two types viz; black and white. The length of white variety is equal to six fingers and length of black variety is equal to one finger.

Seven varieties of *harītakī* have been described. All have one common property of inducing laxation. Some induce purgation by oral consumption, some by smelling, some by touching and some act by visual perception. Even a person standing below a tree of *harītakī* can experience loose bowels. *Cētakī* variety if kept in hands, one experiences laxation. *Cētakī* variety is beneficial for malnourished or persons with thin frame. For therapeutic use *vijayā* variety is considered to be the best.

हरीतकीपञ्चरसाऽलवणातुवरापरम्।
रूक्षोष्णादीपनीमेध्यास्वादुपाकारसायनी।
चक्षुष्यालघुरायुष्याबृंहणीचानुलोमिनी ॥१८॥
श्वासकासप्रमेहार्शःकुष्ठशोथोदरक्रिमीन्।
वैस्वर्यग्रहणीरोगविबन्धविषमज्वरान् ॥१९॥
गुल्माध्मानतृषाछर्दिहिक्काकण्डूहृदामयान्।
कामलांशूलमानाहंप्लीहानञ्चयकृत्तथा।
अश्मरीमूत्रकृच्छ्रंचमूत्राघातंचनाशयेत् ॥२०॥
स्वादुतिक्तकषायत्वात्पित्तहृत्कफहृत्तुसा।
कटुतिक्तकषायत्वादम्लत्वाद्वातहृच्छिवा ॥२१॥
पित्तकृत्कटुकाम्लत्वाद्वातकृन्नकथंशिवा।
प्रभावाद्दोषहन्तृत्वंसिद्धंयत्तत्प्रकाश्यते।

हेतुभिःशिष्यबोधार्थंनापूर्वंक्रियतेऽधुना ||२२||
कर्मान्यत्वंगुणैःसाम्यंदृष्टमाश्रयभेदतः |
यतस्ततोनेतिचिन्त्यंधात्रीलकुचयोर्यथा ||२३||
पथ्यायामज्जनिस्वादुःस्नाय्वामम्लोव्यवस्थितः |
वृन्तेतिक्तस्त्वचिकटुरस्थिस्थस्तुवरोरसः ||२४||
नवास्निग्धाघनावृत्तागुर्वीक्षिप्ताचयाऽम्भसि |
निमज्जेत्साप्रशस्ताचकथिताऽतिगुणप्रदा ||२५||
नवादिगुणयुक्तत्वंतथैवात्रद्विकर्षता |
हरीतक्याःफलेयत्रद्वयंतच्छ्रेष्ठमुच्यते ||२६||

Properties of *harītakī*:

***Rasa* (Taste):** *Madhura* (sweet), *amla* (sour), *Kaṭu* (pungent), *tikta* (bitter) and *kṣāya* (astringent).

***Guṇa* (Physical property):** *Laghu* (light) and *rūkṣa* (ununctuous).

***Vīrya* (Potency):** *Ūṣṇa* (hot).

***Vipāka* (Post digestion effect):** *Madhura* (sweet).

Therapeutics: *Harītakī* is appetizer, good for improving capacity of the brain, prolongs life, beneficial for eyes, tonic and anti *vāta*. It cures asthma, cough, diabetes insipidus, hemorrhoids, skin diseases, edema, abdominal diseases, worm infestation, hoarseness of voice, malabsorption, constipation, malaria, abdominal tumour, tympanites, ulcers, vomiting or emesis, hiccough, disease of throat, hearty aliments, jaundice, colicky pain, disease of liver and spleen, dysuria and anuria.

***Harītakī* and biological humors:**

Sour taste pacifies *vāta*, sweet, bitter and astringent taste pacifies pitta and pungent, bitter and astringent taste pacifies *kapha*. Thus in Ayurveda, *harītakī* is *Tridōṣahara* (pacifies three biological humors).

***Harītakī* and five tastes:**

Sweet taste resides in fruit pulp, sour taste resides in, pungent taste resides in, pungent taste resides in the pericarp and astringent taste resides in the epicarp.

Features of good quality of *Harītakī*:

- Fresh,
- Unctuousness,
- Thick,
- Round in appearance,
- Heavy,

- When put in water, *harītakī* sinks,
- Weight should be equal to two fruits of *vibhītaka* (*Terminalia belerica*).

चर्वितावर्धयत्यग्निंपेषितामलशोधिनी |
स्विन्नासंग्राहिणीपथ्याभृष्टाप्रोक्तात्रिदोषनुत् ||२७||
उन्मीलिनीबुद्धिबलेन्द्रियाणां
निर्मूलिनीपित्तकफानिलानाम् |
विस्रंसिनीमूत्रशकृन्मलानां
हरीतकीस्यात्सहभोजनेन ||२८||
अन्नपानकृतान्दोषान्वातपित्तकफोद्भवान् |
हरीतकीहरत्याशुभुक्तस्योपरियोजिता ||२९||

Special propertiesof*Harītakī*

- If chewed, *harītakī* stimulates appetite.
- Powdered *harītakī* induces laxation.
- Boiled *harītakī* prevents diarrhea
- Fried *harītakī* pacifies *vāta,pitta* and *kapha*.
- If consumed with meals, *harītakī* is beneficial for intelligence, strength and nerves. It pacifies three biological humours and removes the waste products (including urine and stools). If *harītakī*is consumed after meals, it cures all diseases arising out from wrong dietary habits and imbalanced three biological humors.

लवणेनकफंहन्तिपित्तंहन्तिसशर्करा |
घृतेनवातजान्रोगान्सर्वरोगान्गुडान्विता ||३०||
सिंधूत्थशर्कराशुण्ठीकणामधुगुडैःक्रमात् |
वर्षादिष्वभयाप्राश्यारसायनगुणैषिणा ||३१||

- *Harītakī* taken with rock-salt is helpful in alleviating *kapha*.
- *Harītakī* taken with sugar is helpful in alleviating *pitta*.
- *Harītakī* taken with ghee is helpful in alleviating *vāta*.
- *Harītakī* taken with jaggery is helpful in alleviating all diseases.

***Harītakī* and seasons**

- During summer season, *harītakī* should be taken with jaggery.

- During rainy season, *harītakī* should be taken with rock salt.
- During autumns, *harītakī* should be taken with sugar.
- During early winter, *harītakī* should be taken with *śunthī* or dried ginger (*Zingiber officinale*).
- During late winter, *harītakī* should be taken with *pippali* (*Piper longum*).
- During spring, *harītakī* should be taken with honey.

अध्वातिखिन्नोबलवर्जितश्चरूक्षःकृशोलङ्घनकर्शितश्च ।
पित्ताधिकोगर्भवतीचनारीविमुक्तरक्तस्त्वभयांनखादेत् ॥३२॥

Contraindicatins in *Harītakī*therapy
Fatigue, thin framed bloodletting, *pitta* nature and pregnancy.

1.2:*Vibhītaka-Terminalia bellirica* (Gaertn.) Roxb.(Combertaceae)

बिभीतकस्त्रिलिङ्गःस्यान्नाक्षःकर्षफलस्तुसः ।
कलिद्रुमोभूतवासस्तथाकलियुगालयः ॥३३॥
बिभीतकंस्वादुपाकंकषायंकफपित्तनुत् ।
उष्णवीर्यंहिमस्पर्शंभेदनंकासनाशनम् ॥३४॥
रूक्षंनेत्रहितंकेश्यंकृमिवैस्वर्यनाशनम् ।
बिभीतमज्जातृट्छर्दिकफवातहरोलघुः ।
कषायोमदकृच्चाथधात्रीमज्जाऽपितद्गुणः ॥३५॥

Synonyms:*Ākṣa, karṣaphala, kalidruma, bhūtavāsa* and *kaliyugālaya.*
***Rasa* (Taste):** *Kṣāya* (astringent).
***Guṇa* (Physical property):** *Laghu* (light) and *rūkṣa* (unctuous).
***Vīrya* (Potency):** *Uṣna* (hot).
***Vipāka* (Post digestion effect):** *Madhura* (sweet).
Effect on *Tridōṣa*: Pacifies *pitta* and *kapha.*
Action (s): Laxative and antitussive.
Therapeutics: Eye aliments including xeropthalmia, hair diseases, worm infestation and laryngeal palsy.

1.3:*Āmalakī- Emblica officinalis* Linn. (Euphorbiaceae)

त्रिष्वामलकमाख्यातंधात्रीतिष्यफलाऽमृता |
हरीतकीसमंधात्रीफलंकिन्तुविशेषतः |
रक्तपित्तप्रमेहघ्नंपरंवृष्यंरसायनम् ||३६||
हन्तिवातंतदम्लत्वात्पित्तंमाधुर्यशैत्यतः |
कफंरूक्षकषायत्वात्फलंधात्र्यास्त्रिदोषजित् ||३७||
यस्ययस्यफलस्येहवीर्यंभवतियादृशम् |
तस्यतस्यैववीर्येणमज्जानमपिनिर्दिशेत् ||३८||

Synonyms:*Āmalaka, dhātrī, tiṣyaphalā, amṛtā, harītakīsama* and *dhātrīphala.*
***Rasa* (Taste):** *Madhura* (sweet), *amla* (sour), and *kṣāya* (astringent).
***Guṇa* (Physical property):** *Gurū* (heavy).
***Vīrya* (Potency):** *Śīta* (cold).
***Vipāka* (Post digestion effect):** *Madhura* (sweet).
Effect on *Tridōṣa*: Pacifies *vāta*, *pitta* and *kapha*.
Action: Aphrodisiac.
Therapeutics: The therapeutics is similar to *harītakī*. It is especially indicated in bleeding diathesis and diabetes insipidus.

1.4:*Triphalā*

पथ्याबिभीतधात्रीणांफलैःस्यात्त्रिफलासमैः |
फलत्रिकञ्चत्रिफलासावराचप्रकीर्तिता ||३९||
त्रिफलाकफपित्तघ्नीमेहकुष्ठहरासरा |
चक्षुष्यादीपनीरुच्याविषमज्वरनाशिनी ||४०||

Ingredients: *Triphalā* is prepared by mixing equal parts of *harītakī* (*Terminalia chebula*), *vibhītaka* (*Terminalia belerica*) and *āmalakī* (*Emblica officinalis*). However, there is controversy regarding ratio of the ingredients used. Some experts mix one part of *harītakī*, two parts of *vibhītaka* and four parts of *āmalakī*.
Synonyms:*Phaltrika* and *varā.*
Effect on *Tridōṣa*: Pacifies *pitta* and *kapha*.
Action (s): Digestive, laxative and antimalarial.

Therapeutics: Skin diseases, eye aliments and diabetes insipidus.

1.5.1:*Śuṇṭhī- Zingiber officinale* Rosc (Zingiberaceae)

शुण्ठीविश्वाचविश्वञ्चनागरंविश्वभेषजम् ।
ऊषणंकटुभद्रञ्चशृङ्गवेरंमहौपधम् ॥४१॥
शुण्ठीरुच्यामवातघ्नीपाचनीकटुकालघुः ।
स्निग्धोष्णामधुरापाकेकफवातविबन्धनुत् ॥४२॥
वृष्यास्वर्यावमिश्वासशूलकासहृदामयान् ।
हन्तिश्लीपदशोथार्शआनाहोदरमारुतान् ॥४३॥
आग्नेयगुणभूयिष्ठंतोयांशपरिशोषियत् ।
संगृह्णातिमलंतत्तुग्राहिशुण्ठ्यादयोयथा ॥४४॥
विबन्धभेदिनीयातुसाकथंग्राहिणीभवेत् ।
शक्तिर्विबन्धभेदेस्याद्यतोनमलपातनो ॥४५॥

Dried ginger is known as *śuṇṭhī*.

Synonyms: *Viśvā, viśva, nāgara, viśvabhēṣaja, ūṣaṇa, kaṭubhadra, śṛṅgavēra* and *mahauṣadha.*

***Rasa* (Taste):** *Kaṭu* (pungent).

***Guṇa* (Physical property):** *Laghu* (Light) and *snigdha* (unctuous).

***Vīrya* (Potency):** *Ūṣṇa* (Hot).

***Vipāka* (Post digestion effect):** *Madhura* (sweet).

Effect on *Tridōṣa*: Pacifies *vāta* and *kapha*.

Action: Antirheumatic, spermopiotic and laxative.

Therapeutics: Seminal debility, vomiting, asthma, bronchitis, cardiac aliments, filariaisis, edema, tympanites, abdominal diseases and disorders caused by disturbance of *vāta*.

1.5.2: *Ārdraka*

आर्द्रकंशृङ्गवेरंस्यात्कटुभद्रंतथार्द्रिका |
आर्द्रिकाभेदिनीगुर्वीतीक्ष्णोष्णादीपनीमता |
कटुकामधुरापाकेरूक्षावातकफापहा |
येगुणाःकथिताःशुण्ठ्यास्तेऽपिसन्त्यार्द्रकेऽखिलाः ||४६||
भोजनाग्रेसदापथ्यंलवणार्द्रकभक्षणम् |
अग्निसन्दीपनंरुच्यंजिह्वाकण्ठविशोधनम् ||४७||
कुष्ठपाण्ड्वामयेकृच्छ्रेरक्तपित्तेव्रणेज्वरे |
दाहेनिदाघशरदोर्नैवपूजितमार्द्रकम् ||४८||

Fresh ginger is known as *ārdraka*.

Synonyms:*Śṛṅgavēra, kaṭubhadra* and *ārdrikā.*

***Rasa* (Taste):** *Kaṭu* (pungent).

***Guṇa* (Physical property):** *Gurū* (heavy) and *tīkṣana* (sharp).

***Vīrya* (Potency):** *Ūṣṇa* (hot).

***Vipāka* (Post digestion effect):** *Madhura* (sweet).

Effect on *Tridōṣa*: Pacifies *vāta* and *kapha*.

Action: Appetizer.

Therapeutics: Seminal debility, vomiting, asthma, bronchitis, cardiac aliments, filariaisis, oedema, tympanites, abdominal diseases and disorders caused by disturbance of *vāta.*

Contraindications: Skin diseases, bleeding diathesis, anemia, summer and winter seasons.

Therapeutics: Seminal debility, vomiting, asthma, bronchitis, cardiac aliments, filariaisis, edema, tympanites, abdominal diseases and disorders caused by disturbance of *vāta*.

Contraindications: Skin diseases, bleeding diathesis, anemia, summer and winter seasons.

1.6.1:*Pippali -Piper longum* Linn. (Piperaceae)

पिप्पलीमागधीकृष्णावैदेहीचपलाकणा।
उपकुल्योषणाशौण्डीकोलास्यात्तीक्ष्णतण्डुला ॥४९॥
पिप्पलीदीपनीवृष्यास्वादुपाकारसायनी।
अनुष्णाकटुकास्निग्धावातश्लेष्महरीलघुः ॥५०॥
पिप्पलीरेचनीहन्तिश्वासकासोदरज्वरान्।
कुष्ठप्रमेहगुल्मार्शःप्लीहशूलाममारुतान् ॥५१॥
आर्द्राकफप्रदास्निग्धाशीतलामधुरागुरुः।
पित्तप्रशमनीसातुशुष्कापित्तप्रकोपिणी ॥५२॥
पिप्पलीमधुसंयुक्तामेदःकफविनाशिनी।
श्वासकासज्वरहरावृष्यामेध्याऽग्निवर्धिनी ॥५३॥
जीर्णज्वरोऽग्निमान्द्येचशस्यतेगुडपिप्पली।
कासाजीर्णारुचिश्वासहृत्पाण्डुकृमिरोगनुत्।
द्विगुणःपिप्पलीचूर्णाद्गुडोऽत्रभिषजांमतः ॥५४॥

Synonyms: *Māgadhī, kṛṣṇā, vaidēhī, capalā, kaṇā, upakulyā, ūṣaṇā, śauṇḍī, kōlā* and *tīkṣṇataṇḍulā.*

***Rasa* (Taste):** *Kaṭu* (Pungent)

***Guṇa* (Physical property):** *Laghu* (light), *snigdha* and *tīkṣana* (sharp).

***Vīrya* (Potency):** *Anūṣaṇā.*

***Vipāka* (Post digestion effect):** *Madhura* (sweet).

Effect on *Tridōṣa*: Pacifies *vāta* and *kapha*.

Action: Appetizer, spemopiotic, mild laxative and tonic

Therapeutics: Cough, asthma, abdominal diseases, fever, leprosy, diabetes insipidus, abdominal tumor, hemorrhoids, and diseases of spleen, colic and rheumatism.

1.6.2:Fresh *Pippali*

Rasa* (Taste):Kaṭu* (pungent).

***Guṇa* (Physical property):** *Gurū* (heavy), *snigdha* and *tīkṣana* (sharp).

***Vīrya* (Potency):** *Śīta* (cold).

***Vipāka* (Post digestion effect):** *Madhura* (sweet).

Effect on *Tridōṣa*: Pacifies *pitta*.

Action: Febrifuge and appetizer.

Therapeutics: Fresh *Pippali* when taken with honey reduces adipose tissue, alleviates *kapha* and acts as spermopiotic. It cures cough, asthma, chronic fevers, dyspepsia, anorexia, heart ailments, anemia and helmenthiasis. According to experts, if jaggery is indicated with *Pippali*, it should be taken in double amount.

1.7.1: *Marica-Piper nigrum* Linn. (Piperaceae)

मरिचंवेल्लजंकृष्णमूषणंधर्मपत्तनम् ।
मरिचंकटुकंतीक्ष्णंदीपनंकफवातजित् ।
उष्णंपित्तकरंरूक्षंश्वासशूलकृमीन्हरेत् ॥५५॥
तदार्द्रंमधुरंपाकेनात्युष्णंकटुकंगुरु ।
किञ्चित्तीक्ष्णगुणंश्लेष्मप्रसेकिस्यादपित्तलम् ॥५६॥

Synonyms:*Vēllaja, kṛṣṇa, ūṣaṇa* and *dharmapattana.*

Rasa* (Taste):Kaṭu* (pungent).

***Guṇa* (Physical property):** *Laghu* (light), *rūkṣa* and *tīkṣana* (sharp).

***Vīrya* (Potency):** *Ūṣaṇa* (hot).

***Vipāka* (Post digestion effect):** *Kaṭu* (pungent).

Effect on *Tridōṣa*: Pacifies *vāta* and *kapha*.

Action: Appetizer, cholagouge and anthelmintic.

Therapeutics: Cough.

1.7.2: Fresh *Marica*

Rasa* (Taste):Kaṭu* (Pungent).

***Guṇa* (Physical property):** *Gurū* (heavy) and *tīkṣana* (sharp).

***Vīrya* (Potency):** *Anūṣaṇā*.

***Vipāka* (Post digestion effect):** Madhura (sweet).

Effect on *Tridōṣa*: Pacifies *vāta* and *kapha*.

Action: Expectorant.

1.8: *Trikaṭu*

विश्वोपकुल्यामरिचंत्रयंत्रिकटुकथ्यते ।
कटुत्रिकंतुत्रिकटुत्र्यूषणंव्योषउच्यते ॥५७॥
त्र्यूषणंदीपनंहन्तिश्वासकासत्वगामयान् ।
गुल्ममेहकफस्थौल्यमेदःश्लीपदपीनसान् ॥५८॥

Ingredients:*Trikatu* is obtained by mixing *Sunthi* (*Zingiber officinale*), *Pippali* (*Piper longum*) and *Maricha* (*Piper nigrum*).
Synonyms:*Kaṭutrika, tryūṣaṇa* and *vyōṣa*.
Effect on *Tridōṣa*: Pacifies *kapha*.

Action: Digestive.
Therapeutics: Cough, asthma, skin diseases, abdominal tumour, diabetes insipidus, obesity, filariaisis and chronic rhinitis.
Modern Therapeutics: Indigestion, flatulence, colic, malabsorption, as an adjuvant to increase the bioavailability of other herbs, intestinal infection, common cold and cough.
Reported activities: Several studies have demonstrated that *triKaṭu* can significantly affect the bioavailability of other compounds, including herbal and pharmaceutical drugs. Most of these studies appear to suggest that *triKaṭu* and its components can increase the bioavailability of other substances.

1.9:*Pippalīmūla*

ग्रन्थिकंपिप्पलीमूलमूषणंचटकाशिरः।
दीपनंपिप्पलीमूलंकटूष्णंपाचनंलघु।
रूक्षंपित्तकरंभेदिकफवातोदरापहम्।
आनाहप्लीहगुल्मघ्नंकृमिश्वासक्षयापहम् ॥५९॥

It is the root of *Pippalī* (*Piperlongum*).
Synonyms: *Granthika, pippalīmūla, ūṣaṇa* and *caṭakāśira*.
***Rasa* (Taste):** *Kaṭu* (pungent).
***Guṇa* (Physical property):** *Laghu* (light) and *rūkṣa* (unundtuous).
***Vīrya* (Potency):** *Ūṣaṇa* (hot).

***Vipāka* (Post digestion effect):** Madhura (pungent).

Effect on *Tridōṣa*: Pacifies *vāta* and *kapha*.

Action: Digestive, cholagouge and laxative.
Therapeutics: Asthma, worm infestation, abdominal tumour, phthisis, tympanites and abdominal diseases.

1.10:*Caturūṣaṇa*

त्र्यूषणंसकणामूलंकथितंचतुरूषणम्।
व्योषस्येवगुणाःप्रोक्ताअधिकाश्चतुरूषणे ॥६०॥

Ingredients:*Caturūṣaṇa* is obtained by mixing *Śunthī* (*Zingiber officinale*), *Pippalī* (*Piper longum*), *Marica* (*Piper nigrum*) and*Pippalīmūla*.
Action: Digestive.
Therapeutics: Cough, asthma, skin diseases, abdominal tumour, diabetes insipidus, obesity, filariaisis and chronic rhinitis.

1.11:*Chavya- Piper chaba* Hunter (Piperaceae)

भवेच्चव्यंतुचविकाकथितासातथोषणा।
कणामूलगुणंचव्यंविशेषाद्गुदजापहम् ॥६१॥

Synonyms:*Chavya* and *Chavikā*.
***Rasa* (Taste):** *Kaṭu* (pungent).
***Guṇa* (Physical property):** *Laghu* (light) and *rūkṣa* (unctuous).
***Vīrya* (Potency):** *Ūṣaṇa* (hot).

***Vipāka* (Post digestion effect):** *Kaṭu* (pungent).

Effect on *Tridōṣa*: Pacifies *vāta* and *kapha*.
Action: Digestive, cholagouge and laxative.
Therapeutics: Asthma, worm infestation, abdominal tumor, phthisis, tympanites and abdominal diseases. It is especially useful in rectal diseases.

1.12: *Gajapippalī-Scindaspus officinalis* (Roxb.) Schott (Araceae)

चविकायाःफलंप्राज्ञैःकथितागजपिप्पली।
कपिवल्लीकोलवल्लीश्रेयसीवशिरश्चसा ॥६२॥
गजकृष्णाकटुर्वातश्लेष्महृद्वह्निवर्धिनी।
उष्णानिहन्त्यतीसारंश्वासकण्ठामयक्रिमीन् ॥६३॥

Experts consider the fruit of *Piperchaba* to be *Gajapippalī*.
Synonyms:*Kapivallī, kōlavallī, śrēyasī* and *vaśira*.
***Rasa* (Taste):** *Kaṭu* (pungent).
***Guṇa* (Physical property):** *Laghu* (light) and *rūkṣa* (unctuous).
***Vīrya* (Potency):** *Ūṣaṇa* (hot).

***Vipāka* (Post digestion effect):** *Kaṭu* (pungent).
Effect on *Tridōṣa*: Pacifies *vāta* and *kapha*.
Action: Appetizer.
Therapeutics: Diarrhea, asthma, diseases of the throat and worm infestation.

1.13: *Citraka- Plumbago zeylenica* L.(Plumbaginaceae)

चित्रकोऽनलनामाचपाठीव्यालस्तथोषणः।
चित्रकःकटुकःपाकेवह्निकृत्पाचनोलघुः।
रूक्षोष्णोग्रहणीकुष्ठशोथार्शःकृमिकासनुत्।
वातश्लेष्महरोग्राहीवातर्शःश्लेष्मपित्तहृत् ॥६४॥

Synonyms:*Anala, pāṭhī, vyāla* and *ūṣaṇa.*
***Rasa* (Taste):** Kaṭu (pungent).
***Guṇa* (Physical property):** *Laghu* (light) and *rūkṣa* (ununctuous).
***Vīrya* (Potency):** *Ūṣaṇa* (hot).

***Vipāka* (Post digestion effect):** Kaṭu (pungent).
Effect on *Tridōṣa*: Pacifies *vāta*, *pitta* and *kapha*.
Actions: Appetizer and digestive.
Therapeutics: Malabsorption, leprosy, edema, hemorrhoids, worm infestation, bronchitis,

1.14: *Pañcakōla*

पिप्पलीपिप्पलीमूलंचव्यचित्रकनागरैः।
पञ्चभिःकोलमात्रंयत्पञ्चकोलंतदुच्यते ॥६५॥
पञ्चकोलंरसेपाकेकटुकंरुचिकृन्मतम्।
तीक्ष्णोष्णंपाचनंश्रेष्ठंदीपनंकफवातनुत्।
गुल्मप्लीहोदरानाहशूलघ्नंपित्तकोपनम् ॥६६॥

Ingredients:*Pañcakōla* is obtained by mixing eight *māṣā* each of *Śunthī* (*Zingiber officinale*), *Pippalī* (*Piper longum*), *Chavya* (*Piper caba*), *Pipplamūla* and*Citraka* (*Plumbago zeylanica*).
***Rasa* (Taste):**Kaṭu (pungent).

***Guṇa*(Physical property):** *Rūkṣa* (ununctuous).

***Vīrya* (Potency):** *Ūṣaṇa* (hot) and *tīkṣana* (sharp).

***Vipāka* (Post digestion effect):** *Kaṭu* (pungent).
Effect on *Tridōṣa*: Pacifies *vāta* and *kapha*.
Action: Appetizer and digestive.
Therapeutics: Diseases of spleen, abdominal tumor, abdominal diseases, tympanites and colic.

1.15: *Ṣaḍūṣaṇa*

पञ्चकोलंसमरिचंषडूषणमुदाहृतम् ।
पञ्चकोलगुणंतत्तुरूक्षमुष्णंविषापहम् ॥६७॥

Ingredients:*Ṣaḍūṣaṇa* is obtained by mixing *Śunthī* (*Zingiber officinale*), *Pippalī* (*Piper longum*), *Chavya* (*Piper chaba*), *Pipplamūla, Citraka* (*Plumbago zeylanica*) and *Marica* (*Piper nigrum*).
***Rasa* (Taste):**Kaṭu (pungent).
***Guṇa*(Physical property):** *Rūkṣa* (ununctuous).

***Vīrya* (Potency):** *Ūṣaṇa* (hot) and *tīkṣana* (sharp).

***Vipāka* (Post digestion effect):** *Kaṭu* (pungent).
Effect on *Tridōṣa*: Pacifies *vāta* and *kapha*.
Action: Appetizer and digestive.
Therapeutics: Diseases of spleen, abdominal tumor, abdominal diseases, tympanites, colic and antidote to various poisons.

1.16: *Yavānī-Trachyspermum ammi* (L.) Sprague ex Turrill (Apiaceae)

यवानिकोग्रगन्धाचब्रह्मदर्भाऽजमोदिका ।
सैवोक्तादीप्यकादीप्यातथास्याद्यवसाह्वया ॥६८॥
यवानीपाचनीरुच्यातीक्ष्णोष्णाकटुकालघुः ।
दीपनीचतथातिक्तापित्तलाशुक्रशूलहृत् ।

वातश्लेष्मोदरानाहगुल्मप्लीहकृमिप्रणुत् ||६९||

Synonyms:*Yavānikā, ūgragandhā, brahmadarbhā' aamōdikā, saivōktā, dīpyakā, dīpyā* and *yavasāhva.*
Rasa **(Taste):***Kaṭu* (pungent) and *tikta* (bitter).
Guṇa**(Physical property):** *Laghu* (light) and *rūkṣa* (ununctuous).
Vīrya **(Potency):** *Ūṣaṇa* (hot).
Vipāka **(Post digestion effect):** *Kaṭu* (pungent).
Effect on *Tridōṣa*: Pacifies *vāta* and *kapha.*
Action(s): Digestive, cholagouge and appetizer.
Therapeutics: Loss of appetite, abdominal pain, abdominal tumor, diseases of spleen and worm infestation.

1.17: *Ajamōdā-Apium graveolens* L. (Apiaceae)

अजमोदाखराश्वाचमयूरोदीप्यकस्तथा |
तथाब्रह्मकुशाप्रोक्ताकारवीचसमस्तका ||७०||
अजमोदाकटुस्तीक्ष्णादीपनीकफवातनुत् |
उष्णाविदाहिनीहृद्यावृष्याबलकरीलघुः |
नेत्रामयकफमिच्छर्दिहिक्काबस्तिरुजोहरेत् ||७१||

Synonyms:*Kharāśvā, mayūra, dīpyaka, brahmakuśā, kāravī* and *samastakā.*
Rasa **(Taste):***Kaṭu* (pungent).
Guṇa**(Physical property):** *Laghu* (light) and *tīkṣana.*
Vīrya **(Potency):** *Ūṣaṇa* (hot).
Vipāka **(Post digestion effect):** *Kaṭu* (pungent).
Effect on *Tridōṣa*: Pacifies *vāta* and *kapha.*
Karma (Specific action): Spermiopiotic, carminative, appetizer and cardiac tonic.
Therapeutics: Vomiting, hiccough, eye ailments and diseases of the urinary bladder.

1.18:*Pārasīkayavānī-Hyoscyamus niger* L. (Solanaceae)

पारसीकयवानीतुयवानीसदृशीगुणः |
विशेषात्पाचनीरुच्याग्राहिणीमादिनीगुरुः ||७२||

Rasa* (Taste):Kaṭu* (pungent).
***Guṇa*(Physical property):** *Gurū* (heavy).
***Vīrya* (Potency):** *Ūṣaṇa* (hot).
***Vipāka* (Post digestion effect):** *Kaṭu* (pungent).
Effect on *Tridōṣa*: Pacifies *vāta* and *kapha*.
Action (s): Spermiopiotic, narcotic, carminative, appetizer and cardiac tonic.
Therapeutics: Vomiting, hiccough, eye ailments and diseases of the urinary bladder.

1.19:*Śuklajīraka-Cuminum cyminum* L. (Apiaceae)

जीरकोजरणोऽजाजीकणास्याद्दीर्घजीरकः ।
कृष्णजीरःसुगन्धश्चतथैवोद्गारशोधनः ॥७३॥
कालाजाजीतुसुषवीकालिकाचोपकालिका ।
पृथ्वीकाकारवीपृथ्वीपृथुकृष्णोपकुञ्चिका ।
उपकुञ्चीचकुञ्चीचबृहज्जीरकइत्यपि ॥७४॥
जीरकत्रितयंरूक्षंकटूष्णंदीपनंलघु ।
संग्राहीपित्तलंमेध्यंगर्भाशयविशुद्धिकृत् ॥७५॥
ज्वरघ्नंपाचनंवृष्यंबल्यंरुच्यंकफापहम् ।
चक्षुष्यंपवनाध्मानगुल्मच्छर्द्यतिसारहृत् ॥७६॥

Synonyms:*Jīraka, jaraṇa, ajājī, kaṇā* and *dīrghajīraka*.
Rasa* (Taste):Kaṭu* (pungent).
***Guṇa*(Physical property):** *Laghu* (light) and *tīkṣana*.
***Vīrya* (Potency):** *Ūṣaṇa* (hot).
***Vipāka* (Post digestion effect):** *Kaṭu* (pungent).
Effect on *Tridōṣa*: Pacifies *kapha*.
Actions: Appetizer, astringent, carminative, cholagouge, nootropic, febrifuge, digestive and spemopiotic.
Therapeutics: Vomiting, abdominal tumor, tympanites and diarrhea.

1.20:*Kṛṣṇajīraka-Carum carvi* L. (Apiaceae)

Synonyms:*Sugandha* and *ōdgāraśōdhana*.
Rasa* (Taste):Kaṭu* (pungent).

***Guṇa*(Physical property):** *Laghu* (light) and *tīkṣana*.
***Vīrya* (Potency):** *Ūṣaṇa* (hot).
***Vipāka* (Post digestion effect):** *Kaṭu* (pungent).
Effect on *Tridōṣa*: Pacifies *kapha*.
Actions: Appetizer, astringent, carminative, cholagouge, nootropic, febrifuge, digestive and spermopiotic.
Therapeutics: Vomiting, abdominal tumor, tympanites and diarrhea.

1.21: *Kālājājī –Nigella sativa* L. (Ranunculaceae)

Synonyms:*Suṣavī, kālikā, ōpakālikā, pṛthvīkā, kāravī, pṛthvī, pṛthu, kṛṣṇōpakuñcikā, upakuñcīca, kuñcī* and *bṛhajjīraka*.
Rasa* (Taste):Kaṭu* (pungent).
***Guṇa*(Physical property):** *Laghu* (light) and *rūkṣa* (ununctuous).
***Vīrya* (Potency):** *Ūṣaṇa* (hot).
***Vipāka* (Post digestion effect):** *Kaṭu* (pungent).
Effect on *Tridōṣa*: Pacifies *kapha*.
Action (s): Appetizer, astringent, carminative, cholagouge, febrifuge, digestive and sepmopiotic.
Therapeutics: Vomiting, abdominal tumor, tympanites and diarrhea.

1.22:*Dhānyaka-Coriander sativum* L. (Apiaceae)

धान्यकंधानकंधान्यंधानाधानेयकंतथा।
कुनटीधेनुकाछत्राकुस्तुम्बुरुवितुन्नकम् ॥७७॥
धान्यकंतुवरंस्निग्धमवृष्यंमूत्रलंलघु।
तिक्तंकटूष्णवीर्यञ्चदीपनंपाचनंस्मृतम् ॥७८॥
ज्वरघ्नंरोचकंग्राहिस्वादुपाकित्रिदोषनुत्।
तृष्णादाहवमिश्वासकासकार्श्यक्रिमिप्रणुत्।
आर्द्रन्तुतद्गुणंस्वादुविशेषात्पित्तनाशितत् ॥७९॥

Synonyms:*Dhānaka, dhānya, dhānā, dhānēyaka, kunaṭī, dhēnukā, chatrā, kustumburu* and *vitunnaka*.
Rasa* (Taste):Kaṭu* (pungent) and *kṣāya* (astringent).
***Guṇa*(Physical property):** *Laghu* (light) and *snigdha* (unctuous).
***Vīrya* (Potency):** *Ūṣaṇa* (hot).

***Vipāka* (Post digestion effect):** *Madhura* (sweet).
Effect on *Tridōṣa*: Pacifies *vāta, pitta* and *kapha*.
Action (s): Diuretic, febrifuge, appetizer and digestive.
Therapeutics: Polydipsia, cough, asthma, worm infestation and vomiting.
Note: Fresh coriander has similar properties to that of dried one but is more sweet and *pitta* pacifying.

1.23:*Śatapuṣpā-Anethum sowa* L. (Apiaceae)

शतपुष्पाशताह्वाचमधुराकारवीमिसिः।
अतिलम्बीसितच्छत्रासंहिताछत्रिकापिच ॥८०॥
शतपुष्पालघुस्तीक्ष्णापित्तकृद्दीपनीकटुः।
उष्णाज्वरानिलश्लेष्मव्रणशूलाक्षिरोगहृत् ॥८१॥
छत्राशालेयशालीनौमिश्रेयामधुरामिसिः।
मिश्रेयातद्गुणाप्रोक्ताविशेषाद्योनिशूलनुत्।
अग्निमान्द्यहरीहृद्याबद्धविट्कृमिशूलहृत्।
रूक्षोष्णापाचनीकासवमिश्लेष्मानिलान्हरेत् ॥८२॥

Synonyms:*Śatāhvā, madhurā, kāravī, misi, atilambī, sitacchatrā, saṁhitā* and *chatrikā*.
Rasa* (Taste):Kaṭu* (pungent) and *tikta* (bitter).
***Guṇa*(Physical property):** *Laghu* (light) and *rūkṣa* (ununctuous).
***Vīrya* (Potency):** *Ūṣaṇa* (hot).
***Vipāka* (Post digestion effect):** *Kaṭu* (pungent).
Effect on *Tridōṣa*: Pacifies *vāta* and *kapha*.
Action: Diuretic, febrifuge, appetizer, anthelmintic and digestive.
Therapeutics: Pain of vaginal origin, vomiting and dyspepsia.

1.24:*Miśrēyā-Foeniculum vulgare* L. (Apiaceae)

Synonyms:*Chatrā, śālēya* and *śālīna*.
***Rasa* (Taste):** *Madhura* (sweet), *Kaṭu* (pungent) and *tikta* (bitter).
***Guṇa*(Physical property):** *Laghu* (light) and *snigdha* (unctuous).
***Vīrya* (Potency):** *Śīta* (cold).
***Vipāka* (Post digestion effect):** Madhura (sweet).
Effect on *Tridōṣa*: Pacifies *vāta* and *kapha*.

Action: *Vātanulōmana* (Carminative).
Therapeutics: Pain of vaginal origin, vomiting and dyspepsia

1.25: *Mēthī-Trigonella foenum-graceum* L. (Fabaceae)

Synonyms:*Mēthikā, mēthinī, mēthī, dīpanī, bahupatrikā, bōdhinī, bahubījā, jātirgandhaphalā, vallarī, candrikā, manthā, miśrapuṣpā* and *kairavī*.
***Rasa* (Taste):** *Kaṭu* (pungent).
***Guṇa* (Physical property):** *Laghu* (light) and *snigdha* (unctuous).
***Vīrya* (Potency):** *Ūṣaṇa* (hot).
***Vipāka*(Post digestion effect):** *Kaṭu* (pungent).
Effect on *Tridōṣa*: Pacifies *vāta* and *pitta*.
Karma (Action): *Kāsahara* (antitussive).
Therapeutics: Fever, malabsorption, dyspepsia, leucorrhoea and ailments caused by *vāta*.

Vanamēthī

Synonyms: *Kuñcikā, bahuparṇī* and *pittaja*.
***Rasa* (Taste):** *Kaṭu* (pungent).
***Guṇa* (Physical property):** *Laghu* (light) and *snigdha* (unctuous).
***Vīrya* (Potency):** *Ūṣaṇa* (hot).
***Vipāka*(Post digestion effect):** *Kaṭu* (pungent).
Effect on *Tridōṣa*: Pacifies *vāta* and *pitta*.
Karma (Action): *Kāsahara* (antitussive).
Therapeutics: Fever, malabsorption, dyspepsia, leucorrhoea and ailments caused by *vāta*.

1.26: *Candraśūra-Lepidium sativum* L. (Brassicaceae)

चन्द्रिकाचर्महन्त्रीचपशुमेहनकारिका |
नन्दिनीकारवीभद्रावासपुष्पासुवासरा ||८६||
चन्द्रशूरंहितंहिक्कावातश्लेष्मातिसारिणाम् |
असृग्वातगदद्वेषिबलपुष्टिविवर्धनम् ||८७||

Synonyms:*Candrikā, carmahantrī, paśumēhanakārikā, nandinī, kāravī, bhadrā, vāsapuṣpā* and *suvāsarā*.

***Rasa* (Taste):** *Kaṭu* (pungent) and *tikta* (bitter).
***Guṇa* (Physical property):** *Laghu* (light) and *tīkṣana* (sharp).
***Vīrya* (Potency):** *Ūṣaṇa* (hot).
***Vipāka*(Post digestion effect):** *Kaṭu* (pungent).
Effect on *Tridōṣa*: Pacifies *kapha* and *vāta*.
Therapeutics: Hiccough, influenza, diarrhea, disease caused by vitiation of blood and *vāta*.

1.27: *Caturbīja*

मेथिकाचन्द्रशूरश्चकालाऽजाजीयवानिका।
एतच्चतुष्टयंयुक्तंचतुर्बीजमितिस्मृतम् ॥८८॥
तच्चूर्णभक्षितंनित्यंनिहन्तिपवनामयम्।
अजीर्णशूलमाध्मानंपार्श्वशूलंकटिव्यथाम् ॥८९॥

Ingredients:*Caturbīja* is obtained by mixing *Mēthī* (*Trigonella foenum-graceum),Candraśūra* (*Lepidium sativum*), *Kṛṣṇajīraka* (*Carum carvi*) and *Yavānī* (*Trachyspermum ammi*).
Therapeutics: Diseases caused by vitiation of *vāta*, dyspepsia, colic, tympanites, pleurisy and lumbago.

1.28:*Hiṅgu-Ferula foetida* Boiss.(Apiaceae)

सहस्रवेधिजतुकंबाह्लीकंहिङ्गुरामठम्।
हिङ्गूष्णंपाचनंरुच्यंतीक्ष्णंवातबलासहृत्।
शूलगुल्मोदरानाहकृमिघ्नंपित्तवर्द्धनम् ॥९०॥

Synonyms: *Sahasravēdhi, jatuka, bāhlīka, hiṅgu* and *rāmaṭha*.
Rasa (Taste): *Kaṭu* (pungent).
***Guṇa* (Physical property):** *Laghu* (light) and *tīkṣana* (sharp).
***Vīrya* (Potency):** *Ūṣaṇa* (hot).
***Vipāka*(Post digestion effect):** *Kaṭu* (pungent).
Effect on *Tridōṣa*: Pacifies *kapha* and *vāta*.
Action: Appetizer.
Therapeutics: Colic, tymanites and worm infestation.

1.29:*Vacā-Acorus calamus* L. (Acoraceae)

वचोग्रगन्धाषड्ग्रन्थागोलोमीशतपर्विका।
क्षुद्रपत्रीचमङ्गल्याजटिलोग्राचलोमशा ॥९१॥
वचोग्रगन्धाकटुकातिक्तोष्णावान्तिवह्निकृत्।
विबन्धाध्मानशूलघ्नीशकृन्मूत्रविशोधिनी।
अपस्मारकफोन्मादभूतजन्त्वनिलान्हरेत् ॥९२॥

Synonyms:*Ūgragandhā, ṣaḍgranthā, gōlōmī, śataparvikā, kṣudrapatrī, maṅgalyā, jaṭilōgrā* and *lōmaśā*.
***Rasa* (Taste):** *Kaṭu* (pungent) and *tikta* (bitter).
***Guṇa* (Physical property):** Laghu (Light) and *rūkṣa* (ununctuous).
***Vīrya* (Potency):** *Ūṣaṇa* (hot).
***Vipāka*(Post digestion effect):** *Kaṭu* (pungent).
Effect on *Tridōṣa*: Pacifies *vāta*, *pitta* and *kapha*.
Action: Emetic and appetizer.
Therapeutics: Tympanites, colic, epilepsy and hysteria.

1.30:*Pārasīkavacā-Iris versicolor* Thunb. (Iridaceae)

पारसीकवचाशुक्लाप्रोक्ताहैमवतीतिसा।
हैमवत्युदितातद्वद्वातंहन्तिविशेषतः ॥९३॥

Synonyms:*Pārsīkavacā, śūklā* and *hemvatī.*
***Rasa* (Taste):** *Kaṭu* (pungent) and *tikta* (bitter).
***Guṇa* (Physical property):** Laghu (Light) and *rūkṣa* (ununctuous).
***Vīrya* (Potency):** *Ūṣaṇa* (hot).
***Vipāka*(Post digestion effect):** *Kaṭu* (pungent).
Effect on Tridōṣa: Pacifies *vāta*.

1.31:*Kulañjana-Alpinia officinarum* Hance.(Zingeberaeceae)

Synonyms: *Sugandhā* and *ugragandhā*.
***Rasa* (Taste):** *Kaṭu* (pungent) and *tikta* (bitter).
***Guṇa* (Physical property):** Laghu (light) and *rūkṣa* (ununctuous).
***Vīrya* (Potency):** *Ūṣaṇa* (hot).

***Vipāka*(Post digestion effect):** *Kaṭu* (pungent).
Effect on *Tridōṣa*: Pacifies *vāta* and *kapha*.
Action: Appetizer, beneficial for the heart, throat and the mouth.

1.32:*Mahābhārī vacā- Alpinia galanga*(L.) Willd.(Zingeberaeceae)

Synonyms:*Aparā, sugandhā* and *sthūlagranthi*.
It is considered to be inferior therapeutically.

1.33:*Dvīpāntaravacā- Smilax glabra* L. (Smilaceae)

द्वीपान्तरवचाकिञ्चित्तिक्तोष्णावह्निदीप्तिकृत् ।
विबन्धाध्मानशूलघ्नीशकृन्मूत्रविशोधिनी ॥९६॥
वातव्याधीनपस्मारमुन्मादंतनुवेदनाम् ।
व्यपोहतिविशेषेणफिरङ्गामयनाशिनी ॥९७॥

***Rasa* (Taste):** *Kaṭu* (pungent) and *tikta* (bitter).
***Guṇa* (Physical property):** *Laghu* (light) and *rūkṣa* (ununctuous).
***Vīrya* (Potency):** *Ūṣaṇa* (hot).
***Vipāka*(Post digestion effect):** *Kaṭu* (pungent).
Effect on *Tridōṣa*: Pacifies *kapha*.
Action: Appetizer.
Therapeutics: Epilepsy, mania, colic, tympanites and disorders caused by *vāta*. The drug is especially indicated in syphilis.

1.34:*Hapuṣādvaya*

हवुषावपुषाविस्नापराश्वत्थफलामता ।
मत्स्यगन्धाप्लीहहन्त्रीविषघ्नीध्वांक्षनाशिनी ॥९८॥
हवुषादीपनीतिक्तामृदूष्णातुवरागुरुः ।
पित्तोदरसमीरार्शोग्रहणीगुल्मशूलहृत् ।
पराप्येतद्गुणाप्रोक्तारूपभेदोद्वयोरपि ॥९९॥

1.34.1:*Hapuṣā* (First variety-*Juniperus communis* L. (Cupressaceae)

Synonyms:*Vapuṣā, visrā, parā* and *aśvatthaphalā*.
***Rasa* (Taste):** *Kaṭu* (Pungent) and tikta (bitter).
***Guṇa* (Physical property):** *Laghu* (light) and *rūkṣa* (ununctuous).
***Vīrya* (Potency):** *Ūṣaṇa* (hot).
***Vipāka*(Post digestion effect):** *Kaṭu* (pungent).
Effect on *Tridōṣa*: Pacifies *vāta* and *kapha*.
Action: Appetizer.
Therapeutics: Abdominal diseases, hemorrhoids, malabsorption, abdominal tumor and colic.

1.34.2:*Hapuṣā* (Second variety)-*Juniperus macropoda* Boiss. (*J. excelsa* M.B.). (Cupressaceae)

Synonyms:*Matsyagandhā, plīhahantrī, viṣaghnī* and *dhvāṁkṣanāśinī*.
***Rasa* (Taste):** *Kaṭu* (Pungent) and tikta (bitter).
***Guṇa* (Physical property):** *Laghu* (light) and *rūkṣa* (ununctuous).
***Vīrya* (Potency):** *Ūṣaṇa* (hot).
***Vipāka*(Post digestion effect):** *Kaṭu* (pungent).
Effect on *Tridōṣa*: Pacifies *vāta* and *kapha*.
Action: Appetizer.
Therapeutics: Abdominal diseases, hemorrhoids, malabsorption, abdominal tumor and colic.

1.35:*Viḍaṅga-Embelia ribes* Burm.f. (Primulaceae)

पुंसिक्लीबेविडङ्गंस्यात्कृमिघ्नोजन्तुनाशनः ।
तण्डुलश्चतथावेल्लममोघाचित्रतण्डुलः ॥१००॥
विडङ्गंकटुतीक्ष्णोष्णंरूक्षंवह्निकरंलघु ।
शूलाध्मानोदरश्लेष्मकृमिवातविबन्धनुत् ॥१०१॥

Synonyms:*Puṁsi, klība, viḍaṅga, syātkṛmighna, jantunāśana, taṇḍula, vēllam, amōghā* and *citrataṇḍula*.
***Rasa* (Taste):** *Kaṭu* (Pungent) and tikta (bitter).

***Guṇa* (Physical property):** *Laghu* (light) and *tīkṣana*.
***Vīrya* (Potency):** *Ūṣaṇa* (hot).
***Vipāka*(Post digestion effect):** *Kaṭu* (pungent).
Effect on *Tridōṣa*: Pacifies *vāta* and *kapha*.
Action: Appetizer.
Therapeutics: Colic, tympanites, abdominal diseases, worm infestation, constipation and disease caused by vitiation of *vāta*.

1.36:*Tumburu- Zanthoxylum alatum* DC (Rutaceae)

तुम्बुरुःसौरभःसौरोवनजःसानुजोऽन्धकः।
तुम्बुरुप्रथितंतिक्तंकटुपाकेऽपितत्कटु।
रूक्षोष्णंदीपनंतीक्ष्णंरुच्यंलघुविदाहिच ॥१०२॥
वातश्लेष्माक्षिकर्णोष्ठशिरोरुग्गुरुताकृमीन्।
कुष्ठशूलारुचिश्वासप्लीहकृच्छ्राणिनाशयेत् ॥१०३॥

Synonyms:*Saurabha, saura, vanaja, sānuja, andhaka, tumburu* and *prathita*.
***Rasa* (Taste):** *Kaṭu* (Pungent) and tikta (bitter).
***Guṇa* (Physical property):** *Laghu* (light) and *tīkṣana*.
***Vīrya* (Potency):** *Ūṣaṇa* (hot).
***Vipāka*(Post digestion effect):** *Kaṭu* (pungent).
Effect on *Tridōṣa*: Pacifies *vāta* and *kapha*.
Action: Appetizer.
Therapeutics: Eye diseases, ear diseases, lip diseases, headache, worm infestation, leprosy, colic, anorexia, asthma, diseases of the spleen and dysuria.

1.37:*Vaṁśalōcana*-Silica exudation obtained from *Bambusa bambos* (L.) Voss) (Poaceae)

स्याद्वंशरोचनावांशीतुगाक्षीरीतुगाशुभा।
त्वक्क्षीरीवंशजाशुभ्रावंशक्षीरीचवैणवी ॥१०४॥
वंशजाबृंहणीवृष्याबल्यास्वाद्वीचशीतला।
तृष्णाकासज्वरश्वासक्षयपित्तास्रकामलाः।

हरेत्कुष्ठंव्रणंपाण्डुंकषायावातकृच्छ्रजित् ||१०५||

Synonyms:*Vaṁśarōcanā, vāṁśī, tugākṣīrī, tugā, śubhā, tvakkṣīrī, vaṁśajā, śubhrā, vaṁśakṣīrī* and *vaiṇavī*.
***Vīrya* (Potency):** *Śīta* (cold).
Action: Spermopiotic and tonic.
Therapeutics: Polydipsia, cough, fever, asthma, phthisis, disease caused by vitiation of *pitta* and *vāta*, diseases of the blood, jaundice, leprosy, ulcers, anemia and dysuria.

1.38: *Samudraphēna* (*Sepia officinalis*)

समुद्रफेनःफेनश्चहिण्डीरोऽब्धिकफस्तथा |
समुद्रफेनश्चक्षुष्योलेखनःशीतलश्चसः |
कषायोविषपित्तघ्नःकर्णरुक्कफहृत्सरः ||१०६||

Synonyms: *Phēna, hiṇḍīra* and *abdhikapha*.
***Rasa* (Taste):** *Kśāya* (astringent).
***Guṇa* (Physical property):** *Laghu* (light).
***Vīrya* (Potency):** *Śīta* (cold).
Effect on *Tridōṣa*: Pacifies *pitta* and *kapha*.
Action: Laxative.
Therapeutics: Eye diseases and ear diseases.

1.39:*Aṣṭavarga*

जीवकर्षभकौमेदेकाकोल्यौऋद्धिवृद्धिके |
अष्टवर्गोऽष्टभिर्द्रव्यैःकथितश्चरकादिभिः ||१०७||
अष्टवर्गोहिमःस्वादुर्बृंहणःशुक्रलोगुरुः |
भग्नसन्धानकृत्कामबलासबलवर्धनः |
वातपित्तास्रतृड्दाहज्वरमेहक्षयप्रणुत् ||१०८||

Ingredients: *Jīvaka* (*Melaxis muscifera*), *Rṣbhaka* (*Melaxis acuminata*), *Mēdā* (*Polygonum verticillatum*), *Mahāmēdā* (*Polygonum verticillatum*), *Kākōlī* (*Roscoea purpuera*), *Kśīrakākōlī* (*Paris polphylla*), *Ṛddhi* (*Hebenaria intermedia*) and *Vṛddhi* (*Hebenaria edegwothi*).

***Guṇa* (Physical property):** *Laghu* (light).
***Vīrya*(Potency):** *Śīta* (cold).
***Vipāka* (Post digestion effect):** *Madhura* (sweet).
Effect on *Tridōṣa*: Pacifies *vāta* and *pitta*.
Action: Spemopiotic and tonic.

Therapeutics: Promotes union of fractures, seminal debility, fever, polydipsia, diabetes inspidus and phthisis.

1.40: *Jīvaka-Microstylis muscifera* Ridley (Orchideaceae)

जीवकर्षभकौज्ञेयौहिमाद्रिशिखरोद्भवौ।
रसोनकन्दवत्कन्दौनिःसारौसूक्ष्मपत्रकौ।
जीवकःकूर्चकाकारऋषभोवृषशृङ्गवत् ॥१०९॥
जीवकोमधुरःशृङ्गोह्नस्वाङ्गःकूर्चशीर्षकः।
ऋषभोवृषभोधीरोविषाणीद्राक्षइत्यपि।
जीवकर्षभकौबल्यौशीतौशुक्रकफप्रदौ।
मधुरौपित्तदाहास्रकार्श्यवातक्षयापहौ ॥११०॥

Origin: *Jīvaka* originates in Himalayas. Corm of the plant resembles with that of *Rasōna* (*Alliumṣativum*) and is empty inside. The leaves are minute and the plant resembles a cone in size.
Synonyms:*Śṛṅga, hnasvāṅga* and *kūrcaśīrṣaka*.
***Rasa* (Taste):** *Madhura* (sweet).
***Guṇa* (Physical property):** *Gurū* (heavy).
***Vīrya* (Potency):** *Śīta* (cold).
***Vipāka* (Post digestion effect):** *Madhura* (sweet).
Effect on *Tridōṣa*: Aggravates *kapha*.
Action: Spemopiotic and tonic.
Therapeutics: Phthisis, seminal debility, burning sensation, general debility, diseases caused by vitiation of *vāta* and blood.

1.41:*Rṣbhaka-Malaxis acuminta* D.Don (Orchideaceae)

Origin: *Rṣbhaka* originates in Himalayas. Corm of the plant resembles with that of *Rasona* (*Alliumsativum*), which is empty inside. The leaves are minute and the plant resembles with that of horn of ox.
Synonyms:*Vṛṣabha, dhīra, viṣāṇī* and *drākṣa*.
***Rasa* (Taste):** *Madhura* (sweet).
***Guṇa* (Physical property):** *Gurū* (heavy).
***Vīrya* (Potency):** *Śīta* (cold).
***Vipāka* (Post digestion effect):** *Madhura* (sweet).
Effect on *Tridōṣa*: Aggravates *kapha*.
Action: Spemopiotic and tonic.
Therapeutics: Phthisis, seminal debility, burning sensation, general debility, diseases caused by vitiation of *vāta* and blood.

1.42: *Mēdā- Polygonum verticillatum* (Linn.) Allioni (Liliaceae)

महामेदाभिधःकन्दोमोरङ्गादौप्रजायते ।
महामेदाखनीमेदास्यादित्युक्तंमुनीश्वरैः ॥१११॥
शुक्लार्द्रकनिभःकन्दोलताजातःसुपाण्डुरः ।
महामेदाभिधोज्ञेयोमेदालक्षणमुच्यते ॥११२॥
शुक्लकन्दोनखच्छेद्योमेदोधातुमिवस्रवेत् ।
यःसमेदेतिविज्ञेयोजिज्ञासातत्परैर्जनैः ॥११३॥
शल्यपर्णीमणिच्छिद्रामेदामेदोभवाध्वरा ।
महामेदावसुच्छिद्रात्रिदन्तीदेवतामणिः ॥११४॥
मेदायुगंगुरुस्वादुवृष्यंस्तन्यकफावहम् ।
बृंहणंशीतलंपित्तरक्तवातज्वरप्रणुत् ॥११५॥

Origin: *Mēdā* originates from *Mōraṅgā*.
Description: The corm of the plant is of white color. If the corm is dug with nails, it emits succus (juice) resembling that of fat (adipose tissue). Due to this property it is known as *Mēdā*.
Synonyms:*Śalyaparṇī, maṇicchidrā, mēdōbhavādha* and *varā*.

***Rasa* (Taste):** *Madhura* (sweet).
***Guṇa* (Physical property):** *Gurū* (heavy).
***Vīrya* (Potency):** *Śīta* (cold).
***Vipāka* (Post digestion effect):** *Madhura* (sweet).
Effect on *Tridōṣa*: Aggravates *kapha*.
Action: Spemopiotic and galactagouge.
Therapeutics: Seminal debility, general debility, bleeding diathesis and fever caused by vitiation of *vāta*.

1.43:*Mahāmēdā-Polygonum cirrhifolium* (Wall.) Royle (Liliaceae)

Origin: *Mahāmēdā* originates from *Mōraṅgā*.
Description: Corm of the plant resembles with that of *śunthi* or dried ginger (*Zingiberofficinale*).The climber of the plant is yellow colored.
Synonyms:*Vasucchidrā, tridantī* and *dēvatāmaṇi*.
***Rasa* (Taste):** *Madhura* (sweet).
***Guṇa* (Physical property):** *Gurū* (heavy).
***Vīrya* (Potency):** *Śīta* (cold).
***Vipāka* (Post digestion effect):** *Madhura* (sweet).
Effect on *Tridōṣa*: Aggravates *kapha*.
Action: Spemopiotic and galactagouge.
Therapeutics: Seminal debility, general debility, bleeding diathesis and fever caused by vitiation of *vāta*.

1.42:*Kākōlī- Roscoea purpuera* Smith (Zingiberaceae)

जायतेक्षीरकाकोलीमहामेदोद्भवस्थले |
यत्रस्यात्क्षीरकाकोलीकाकोलीतत्रजायते ||११६||
पीवरीसद्दशःकन्दःक्षीरःस्रवतिप्रियगन्धवान् |
सप्रोक्तःक्षीरकाकोलीकाकोलीलिङ्गमुच्यते ||११७||
यथास्यात्क्षीरकाकोलीकाकोल्यपितथाभवेत् |
एषाकिञ्चिदभवेत्कृष्णाभेदोऽयमुभयोरपि ||११८||
काकोलीवायसोलीचवीराकायस्थिकातथा |
साशुक्लाक्षीरकाकोलीवयस्थाक्षीरवल्लिका |

कथिताक्षीरिणीधाराक्षीरशुक्लापयस्विनी ||११९||
काकोलीयुगलंशीतंशुक्रलंमधुरंगुरु |
बृंहणंवातदाहास्रपित्तशोषज्वरापहम् ||१२०||

Origin: *Kākōlī* originates in *Mōraṅgā* (same as that of *Mahāmēdā*).
Description: *Kākōlī* resembleswith *kṣīrakākōlī* but is somewhat black colored.
Synonyms:*Vāyasōlī, vīrā* and *kāyasthikā.*
***Rasa* (Taste):** *Madhura* (sweet).
***Guṇa* (Physical property):** *Gurū* (heavy).
***Vīrya* (Potency):** *Śīta* (cold).
***Vipāka* (Post digestion effect):** *Madhura* (sweet).
Effect on *Tridōṣa*: Pacifies *Pitta*.
Action: Spermopiotic and tonic.
Therapeutics: Seminal debility, general debility, edema and fever caused by vitiation of *vāta* and blood.

1.43:*Kṣīrakākōlī-Fritillaria roylei* Hook. (Liliaceae)

Origin: *Kṣīrakākōlī* originates in *Mōraṅgā* (same as that of *Mahāmēdā*).
Description: Corm of the plant resembles with that of *Ashvagandha.* It contains milky exudates having odor.
Synonyms:*Śuklā, kṣīrakākōlī, vayasthā* and *kṣīravallikā.*
***Rasa* (Taste):** *Madhura* (sweet).
***Guṇa* (Physical property):** *Gurū* (heavy).
***Vīrya* (Potency):** *Śīta* (cold).
***Vipāka* (Post digestion effect):** *Madhura* (sweet).
Effect on *Tridōṣa*: Pacifies *Pitta*.
Action: Spermopiotic and tonic.
Therapeutics: Seminal debility, general debility, edema and fever caused by vitiation of *vāta* and blood.

1.44:*Ṛddhi-Hebenaria intermedia* D.Don (Orchidaceae)

ऋद्धिर्वृद्धिश्चकन्दौद्वौभवतःकोशयामले |
श्वेतलोमान्वितःकन्दोलताजातःसरन्ध्रकः ||१२१||
सएवऋद्धिर्वृद्धिश्चभेदमप्येतयोर्ब्रुवे |

तूलग्रन्थिसमाऋद्धिर्वामावर्तफलाचसा |
वृद्धिस्तुदक्षिणावर्तफलाप्रोक्तामहर्षिभिः ||१२२||
ऋद्धियुग्मंसिद्धिलक्ष्म्यौवृद्धेरप्याह्वयाइमे ||१२३||
ऋद्धिर्बल्यात्रिदोषघ्नीशुक्रलामधुरागुरुः |
प्राणैश्वर्यकरीमूर्च्छारक्तपित्तविनाशिनी ||१२४||
वृद्धिर्गर्भप्रदाशीताबृंहणीमधुरास्मृता |
वृष्यापित्तास्रशमनीक्षतकासक्षयापहा ||१२५||
राज्ञामप्यष्टवर्गस्तुयतोऽयमतिदुर्लभः |
तस्मादस्यप्रतिनिधिंगृह्णीयात्तद्गुणंभिषक् ||१२६||

Origin: *Ṛddhi* originates from *Kōśayāmala.*
Description: The corm of the plant has white hairs or pores. The fruit of the plant rotates from left to right.
Synonyms:*Lakṣmi* and *Siddhi*.
***Rasa* (Taste):** *Madhura* (sweet).
***Guṇa* (Physical property):** *Gurū* (heavy).
***Vīrya* (Potency):** *Śīta* (cold).
***Vipāka* (Post digestion effect):** *Madhura* (sweet).
Effect on *Tridōṣa*: Pacifies *vāta*, *pitta* and *kapha*.
Action: Spermopiotic and tonic.
Therapeutics: Apoplexy and bleeding diathesis.

1.45:*Vṛddhi-Hebenaria edegwothi* Hook.f.ex Collett (Orchidaceae)

Origin: *Vṛddhi* originates in *Kōśayāmala.*
Description: The corm of the plant has white hairs or pores. The fruit of the plant rotates from right to left.
***Rasa* (Taste):** *Madhura* (sweet).
***Guṇa* (Physical property):** *Gurū* (heavy).
***Vīrya*(Potency):** *Śīta* (cold).
***Vipāka* (Post digestion effect):** *Madhura* (sweet).
Effect on *Tridōṣa*: Pacifies *vāta*, *pitta* and *kapha*.
Action: Spermopiotic and tonic.

Therapeutics: Bleeding diathesis, phthisis, cough and helps in conception.

1.46:Scarcity and substitutes of *Aṣṭavarga*

मेदाजीवककाकोलीऋद्धिद्वन्द्वेऽपिचासति।
वरीविदार्यश्वगन्धावाराहींश्चक्रमात्क्षिपेत् ॥१२७॥

The drugs mentioned in *Aṣṭavarga* are considered to be rare drugs. Therefore to meet the demand substitutes have been mentioned.

1. *Śatāvarī* (*Asparagusracemosus*) for *Mēdā* and *mahāmedā*.
2. *Vidārikanda* (*Puerariatuberosa*) for *Jīvaka* and *ṛsbhaka*.
3. *Ashwagandhā* (*Withaniasomnifera*) for *Kākōlī* and *kṣīrakākōlī*.
4. *Varāhikanda* (*Dioscroeabulbifera*) for *Ṛddhi* and *Vṛddhi*.

1.47:*Yaṣṭīmadhu-Glychyrhiza glabra* L. (Fabaceae)

यष्टीमधुतथायष्टीमधुकंक्लीतकंतथा।
अन्यत्क्लीतनकंतत्तुभवेत्तोयेमधूलिका ॥१२८॥
यष्टीहिमागुरुःस्वाद्वीचक्षुष्याबलवर्णकृत्।
सुस्निग्धाशुकलाकेश्यास्वर्यापित्तानिलास्रजित्।
घ्राणशोथविषच्छर्दितृष्णाग्लानिक्षयापहा ॥१२९॥

Synonyms:*Yaṣṭīmadhuka* and *klītaka*.
Rasa: *Madhura* (Sweet).
***Guṇa* (Physical property):** *Gurū* (heavy) and *snigdha* (unctuous).
***Vīrya* (Potency):** *Śīta* (cold).
Effect on *Tridōṣa*: Pacifies *vāta* and *pitta*.
Action: Tonic and alternative.
Therapeutics: Vomiting, abscess, phthisis and diseases caused by vitiation of blood. It is good for eye diseases and improves complexion.

1.47.1:*Klītanaka-Glychyrhiza uralensis* L. (Fabaceae)

Synonyms:*Madhūlikā*.

1.48:*Kāmpilla-Mallotus philippinensis* L. (Euphorbiaceae)

काम्पिल्लःकर्कशश्चन्द्रोरक्ताङ्गोरोचनोऽपिच |
काम्पिल्लःकफपित्तास्रकृमिगुल्मोदरव्रणान् |
हन्तिरेचीकटूष्णश्चमेहानाहविषाश्मनुत् ||१३०||

Synonyms:*Karkaśa, candra, raktāṅga* and *rōcana*.
Rasa (Taste): *Tikta* (bitter).
***Guṇa* (Physical property):** *Gurū* (heavy) and *snigdha* (unctuous).
***Vīrya* (Potency):** *Ūṣana* (hot).
Effect on Tridōṣa: Pacifies *kapha*.
Action: Laxative.
Therapeutics: Epistaxis, diseases caused by vitiation of blood, abdominal tumor, abdominal diseases, ulcer, diabetes insipidus, tympanites and calculus.

1.49: *Āragvadha-Cassia fistula* L. (Fabaceae)

आरग्वधोराजवृक्षःशम्पाकश्चतुरङ्गुलः |
आरेवतोव्याधिघातःकृतमालःसुवर्णकः |
कर्णिकारोदीर्घफलःस्वर्णाङ्गःस्वर्णभूषणः ||१३१||
आरग्वधोगुरुःस्वादुःशीतलःस्रंसनोत्तमः |
ज्वरहृद्रोगपित्तास्रवातोदावर्तशूलनुत् ||१३२||
तत्फलंस्रंसनंरुच्यंकुष्ठपित्तकफापहम् |
ज्वरेतुसततंपथ्यंकोष्ठशुद्धिकरंपरम् ||१३३||

Synonyms:*Rājavṛkṣa, śampāka, caturaṅgula, ārēvata, vyādhighāta, kṛtamāla, suvarṇaka, karṇikāra, dīrghaphala, svarṇāṅga* and *svarṇabhūṣaṇa.*
***Rasa* (Taste):** *Madhura* (sweet).
***Guṇa* (Physical property):** *Gurū* (heavy).
***Vīrya* (Potency):** *Śīta* (cold).
***Vipāka* (Post digestion effect):** *Madhura* (sweet).
Effect on *Tridōṣa*: Pacifies *pitta* and *kapha*.
Action: Laxative.

Therapeutics: Fever, heart ailments, epistaxis, diseases caused by vitiation of *vāta*, tympanites and colic.

1.50: *Kaṭukā -Picrorhiza kurroa* Royle ex Benth (Scrophulariaceae)

कट्वीतुकटुकातिक्ताकृष्णभेदाकटम्भरा।
अशोकामत्स्यशकलाचक्राङ्गीशकुलादनी।
मत्स्यपित्ताकाण्डरुहारोहिणीकटुरोहिणी ॥१३४॥
कटीतुकटुकापाकेतिक्तारूक्षाहिमालघुः।
भेदिनीदीपनीहृद्याकफपित्तज्वरापहा।
प्रमेहश्वासकासास्रदाहकुष्ठक्रिमिप्रणुत् ॥१३५॥

Synonyms:*Kaṭvī, kaṭukā, tiktā, kṛṣṇabhēdā, kaṭambharā, aśōkā, matsyaśakalā, cakrāṅgī, śakulādanī, matsyapittā, kāṇḍaruhā, rōhiṇī* and *kaṭurōhiṇī.*
***Rasa* (Taste):** *Kaṭu* (pungent).
***Guṇa* (Physical property):** *Laghu* (light),*rūkṣa* (ununctuous) and *tīkṣana* (sharp).
***Vīrya* (Potency):** *Śīta* (cold).
***Vipāka* (Post digestion effect):** *Kaṭu* (pungent).
Effect on *Tridōṣa*: Pacifies *pitta* and *kapha.*
Action: Appetizer and laxative.
Therapeutics: Fever, polyuria, asthma, cough, diseases caused by vitiation of blood, burning, leprosy and worm infestation.

1.51: *Kirātatikta -Swertia chirayita* (Roxb. ex Fleming) H. Karst. (Gentianaceae)

किराततिक्तःकैरातःकटुतिक्तःकिरातकः।
काण्डतिक्तोऽनार्यतिक्तोभूनिम्बोरामसेनकः।
किरातकोऽन्योनैपालःसोऽर्धतिक्तोज्वरान्तकः ॥१३६॥
किरातःसारकोरूक्षःशीतलस्तिक्तकोलघुः॥
कासशोथतृषाकुष्ठज्वरव्रणकृमिप्रणुत् ॥१३७॥

Synonyms:*Kairāta, kaṭutikta, kirāṭaka, kāṇḍatikta, anāryatikta, bhūnimba* and *rāmasēnaka.*
***Rasa* (Taste):** *Kaṭu* (pungent).
***Guṇa* (Physical property):** *Laghu* (light) and*rūkṣa* (ununctuous).
***Vīrya* (Potency):** *Śīta* (cold).
***Vipāka* (Post digestion effect):** *Kaṭu* (pungent).
Effect on *Tridōṣa*: Pacifies *pitta* and *kapha*.
Action: Laxative.
Therapeutics: Fever caused by *Sannipāta*, asthma, cough, diseases caused by vitiation of blood, edema, polydipsia, leprosy, ulcer and worm infestation.

Nēpālī Kirātatikta-Swertia angustifolia Buch.-Ham. ex D. Don (Gentianaceae)

Synonyms:*Ardhatikta* and *jvarāntaka*
Therapeutics: *Nēpālī Kirātatikta* is similar to *kirātatikta*but it is less bitter.

1.52: *Indrajava-Holarrhena antidysenterica* (Linn.) Wall. (Apocynaceae)

उक्तंकुटजबीजंतुयवमिन्द्रयवंतथा।
कलिङ्गंचापिकालिङ्गंतथाभद्रयवाअपि ॥१३८॥
क्वचिदिन्द्रस्यनामैवभवेत्तदभिधायकम्।
फलानीन्द्रयवास्तस्यतथाभद्रयवाअपि ॥१३९॥
इन्द्रयवंत्रिदोषघ्नंसंग्राहिकटुशीतलम्।
ज्वरातीसाररक्तार्शोवमिवीसर्पकुष्ठनुत्।
दीपनंगुदकीलास्रवातास्रश्लेष्मशूलजित् ॥१४०॥

Synonyms: *Kaliṅga, kāliṅga* and *bhadrayavā.* The name *Indrajava* is related to Lord *Indra*.
***Rasa* (Taste):** *Tikta* (bitter).
***Vīrya* (Potency):** *Śīta* (cold).
Effect on *Tridōṣa*: Pacifies *vāta*, *pitta* and *kapha*.
Action: Astringent and appetizer.

Therapeutics: Fever, diarrhea, bleeding hemorrhoids, vomiting, erysipelas, skin diseases, colic and diseases caused by vitiation of blood.

1.53: *Madanaphala-Randia dumetorum* Lamb(Rubiaceae)

करहाटोमरुबकःशल्यकोविषपुष्पकः ||१४१||
मदनोमधुरस्तिक्तोवीर्योष्णोलेखनोलघुः |
वान्तिकृद्विद्रधिहरःप्रतिश्यायव्रणान्तकः |
रूक्षःकुष्ठकफानाहशोथगुल्मव्रणापहः ||१४२||

Synonyms:*Chardana, piṇḍa, naṭa, piṇḍītaka, karahāṭa, marubaka, śalyaka* and *viṣapuṣpaka.*
***Rasa* (Taste):** *Madhura* (Sweet) and *kaṭu* (pungent).
***Guṇa* (Physical property):** *Laghu* (light) and *rūkṣa* (ununctuous).
***Vīrya* (Potency):** *Ūṣana* (hot).
Effect on *Tridōṣa*: Pacifies *kapha*.
Action: Anti obesity and emetic.
Therapeutics: Abscess, common cold, ulcer, leprosy, tympanites, edema and abdominal tumor.

1.54:*Rāsnā- Pluchea indica* L.(Asteraceae)

रास्नायुक्तरसारस्यासुवहारसनारसा |
एलापर्णीचसुरसासुगन्धाश्रेयसीतथा ||१४३||
रास्नामपाचिनीतिक्तागुरूष्णाकफवातजित् |
शोथश्वाससमीरास्रवातशूलोदरापहा |
कासज्वरविषाशीतिवातिकामयसिध्महृत् ||१४४||

Synonyms:*Yuktarasā, rasyā, suvahā, rasanā, rasā, ēlāparṇī, surasā, sugandhā* and *śrēyasī.*
***Rasa* (Taste):** *Kaṭu* (pungent).
Guṇa (Physical property): *Guru* (heavy) and *rūkṣa* (ununctuous).
***Vīrya* (Potency):** *Ūṣana* (hot).

Effect on *Tridōṣa*: Pacifies *vāta* and *kapha*.
Action: Digestive.
Therapeutics: Edema, asthma, gout, pain caused by *vāta*, abdominal diseases, cough, fever, positioning and eighty diseases caused by *vāta*.

1.55:*Nākulī- Rauvolfia serpentina* (L.) Benth. ex Kurz (Apocynaceae)

नाकुलीसुरसानागसुगन्धागन्धनाकुली ।
नकुलेष्टाभुजङ्गाक्षीसर्पाङ्गीविषनाशिनी ॥१४५॥
नाकुलीतुवरातिक्ताकटुकोष्णाविनाशयेत् ।
भोगिलूतावृश्चिकाखुविषज्वरकृमिव्रणान् ॥१४६॥

Synonyms:*Surasā, nāgasugandhā, gandhanākulī, nakulēṣṭā, bhujaṅgākṣī* and *sarpāṅgī viṣanāśinī.*

***Rasa* (Taste):** *Kaṭu*(pungent), tikta (bitter) and *kṣāya* (asringent).
***Vīrya* (Potency):** *Ūṣana* (hot).
Effect on *Tridōṣa*: Pacifies *vāta* and *kapha*.
Action: Antidote.
Therapeutics: Fever, worm infestation, ulcer and poisoning of various origins (snake, spider, mouse and scorpion).

1.56: *Mācikā- Hibiscus sabdariffa* L.(Malvaceae)

माचिकाप्रस्थिकाऽम्बष्ठातथाचाम्बालिकाम्बिका ।
मयूरविदलाकेशीसहस्राबालमूलिका ॥१४७॥
माचिकाऽम्लारसेपाकेकषायाशीतलालघुः ।
पक्वातीसारपित्तास्रकफकण्ठामयापहा ॥१४८॥

Synonyms:*Prasthikā, ambaṣṭhā, āmbālikā, ambikā, mayūravidalā, kēśī, sahasrā* and *bālamūlikā.*
***Rasa* (Taste):** *Amla* (acidic).
***Guṇa* (Physical property):** *Laghu* (light).

***Vīrya* (Potency):** *Śīta* (cold).
Effect on *Tridōṣa*: Pacifies *pitta* and *kapha*.
Therapeutics: Diarrhea, disease caused by vitiation of blood and throat diseases.

1.57: *Tējavatī-Zanthoxylum armatum* DC (Rutaceae)

तेजस्विनीतेजवतीतेजोह्वातेजनीतथा ।
तेजस्विनीकफश्वासकासास्यामयवातहृत् ।
पाचन्युष्णाकटुस्तिक्तारुचिवह्निप्रदीपनी ॥१४९॥

Synonyms:*Tējasvinī, tējavatī, tējōhvā* and *tējanī*.
***Rasa* (Taste):** *Kaṭu* (pungent) and *tikta* (bitter).
***Guṇa* (Physical property):** *Gurū* (heavy) and *rūkṣa* (ununctuous).
***Vīrya* (Potency):** *Ūṣana* (hot).
Effect on *Tridōṣa*: Pacifies *vāta* and *kapha*.
Action: Appetizer and digestive.
Therapeutics: Cough, asthma and throat diseases.

1.58: *Jyōtiṣmatī-Celastrus paniculatus* Willd. (Celastraceae)

ज्योतिष्मतीस्यात्कटभीज्योतिष्काकङ्गनीतिच ।
पारावतपदीपण्यालताप्रोक्ताककुन्दनी ॥१५०॥
ज्योतिष्मतीकटुस्तिक्तासराकफसमीरजित् ।
अत्युष्णावामनीतीक्ष्णावह्निबुद्धिस्मृतिप्रदा ॥१५१॥

Synonyms:*Kaṭabhī, jyōtiṣkā, kaṅganīti, pārāvatapadī, paṇyā, latā, prōktā* and *kakundanī*.
***Rasa* (Taste):** *Kaṭu* (pungent) and *tikta* (bitter).
***Guṇa* (Physical property):** *Tīkṣana*.
***Vīrya* (Potency):** *Ūṣana* (hot).
Effect on *Tridōṣa*: Pacifies *vāta* and *kapha*.
Action: Laxative, emetic and appetizer.
Therapeutics: Memory and wisdom booster.

1.59: *Kuṣṭha-Saussurea lappa* DC (Asteraceae)

कुष्ठरोगाह्वयंवाप्यंपारिभव्यंतथोत्पलम् ।
कुष्ठमुष्णंकटुस्वादुशुक्रलंतिक्तकंलघु ।
हन्तिवातास्रवीसर्पकासकुष्ठमरुत्कफान् ॥१५२॥

Synonyms:*Rōgāhvaya, vāpya, pāribhavya* and *tathōtpala.*

Rasa (taste): *Madhura* (sweet), *tikta* (bitter) and *kaṭu*(pungent).
***Guṇa* (Physical property):** *Laghu* (Light).
***Vīrya* (Potency):** *Ūṣana* (hot).
Effect on *Tridōṣa*: Pacifies *vāta* and *kapha.*
Action: Spermopiotic.
Therapeutics: Gout, erysipelas and skin diseases.

1.60: *Puṣkaramūla-Inula racemosa* L. (Asteraceae)

उक्तंपुष्करमूलंतुपौष्करंपुष्करञ्चतत् ।
पद्मपत्रञ्चकाश्मीरंकुष्ठभेदमिमंजगुः ॥१५३॥
पौष्करंकटुकंतिक्तमुक्तंवातकफज्वरान् ।
हन्तिशोथारुचिश्चासान्विशेषात्पार्श्वशूलनुत् ॥१५४॥

Synonyms:*Pauṣkara, puṣkarañca, padmapatra, kāśmīra, kuṣṭhabhēdamima* and *jagu.*
***Rasa* (Taste):** *Kaṭu* (pungent) and *tikta* (bitter).
***Guṇa* (Physical property):** *Laghu* (light).
***Vīrya* (Potency):** *Ūṣana* (hot).
Effect on *Tridōṣa*: Pacifies *vāta* and *kapha.*
Therapeutics: Fever caused by vitiation of *vāta* and *kapha*, edema, anorexia, asthma and pleurisy.

1.61: *Kaṭuparṇi-Argemone mexicana* L. (Papaveraceae)

कटुपर्णीहैमवतीहेमक्षीरीहिमावती ।
हेमाह्वापीतदुग्धाचतन्मूलंचोकमुच्यते ॥१५५॥

हेमाह्वारेचनीतिक्ताभेदिन्युत्क्लेशकारिणी।
कृमिकण्डूविषानाहकफपित्तास्रकुष्ठनुत् ॥१५६॥

Synonyms:*Haimavatī, hēmakṣīrī, himāvatī, hēmāhvā, pītadugdhā* and *tanmūla.*
***Rasa* (Taste):** *Kaṭu*(Pungent).
***Guṇa* (Physical property):** *Laghu* (light).
***Vīrya* (Potency):** *Ūṣana* (hot).
Effect on *Tridōṣa*: Pacifies *pitta* and *kapha*.
Action: Laxative.
Therapeutics: Pruritis, worm infestation, poisoning, tympanites, diseases caused by vitiation of blood and leprosy.

1.62: *Karkaṭaśṛṅgī-Pistacia integerrima* J.L.Stewart ex Brandis (Anacardiaceae)

शृङ्गीकर्कटशृङ्गीचस्यात्कुलीरविषाणिका।
अजशृङ्गीचचक्राचकर्कटाख्याचकीर्तिता ॥१५७॥
शृङ्गीकषायातिक्तोष्णाकफवातक्षयज्वरान्।
श्वासोर्ध्ववाततृट्कासहिक्कारुचिर्वमीन्हरेत् ॥१५८॥

Synonyms:*Śṛṅgī, karkaṭaśṛṅgī, kulīra, viṣāṇikā, ajaśṛṅgī, cakrā* and *karkaṭākhyā.*
***Rasa* (Taste):** *Kaṭu*(pungent) and *kṣāya* (astringent).
***Vīrya* (Potency):** *Ūṣana* (hot).
Effect on *Tridōṣa*: Pacifies *vāta* and *kapha*.
Therapeutics: Phthisis, fever, asthma, flatulence, thirst, cough, hiccough, anorexia and vomiting.

1.63: *Kaṭphala-Myrica nagi* Thunb. (Myricaceae)

कट्फलःसोमवल्कश्चकैटर्यःकुम्भिकाऽपिच।
श्रीपर्णिकाकुमुदिकाभद्राभद्रवतीतिच ॥१५९॥
कट्फलस्तुवरस्तिक्तकटुर्वातकफज्वरान्।
हन्तिश्वासप्रमेहार्शःकासकण्ठामयारुचीः ॥१६०॥

Synonyms:*Sōmavalka, kaiṭarya, kumbhikā, śrīparṇikā, kumudikā, bhadrā* and *bhadravatī.*
***Rasa* (Taste):** *Kaṭu*(pungent) and *kṣāya* (astringent).
Effect on *Tridōṣa*: Pacifies *vāta* and *kapha.*
Therapeutics: Fever, polyuria, hemorrhoids, cough, anorexia and disease of the throat.

1.64: *Bhārṅgī-Clerodendron serratum* L. (Verbenaceae)

Synonyms:*Bhārgī, bhṛgubhavā, padmā, phañjī* and *brāhmaṇayaṣṭikā.*
***Rasa* (Taste):** *Kaṭu* (pungent), *tikta* (bitter) and *kṣāya*(astringent).
Guṇa (Property):*Laghu* (light) and *rūkṣa* (unctuous).
***Vīrya* (Potency):** *Ūṣana* (hot).
Effect on *Tridōṣa*: Pacifies *vāta.*
Action: Appetizer and digestive.
Therapeutics: Abdominal tumor, edema, cough, asthma, rhinitis, fever and disease caused by vitiation of *vāta* and blood.

1.65: *Pāṣāṇabhēda-Bergenia ligulata* (Wall.) Engl. (Saxifragaceae)

पाषाणभेदकोऽश्मघ्नोगिरिभिद्भिन्नयोजिनी।
अश्मभेदोहिमस्तिक्तःकषायोबस्तिशोधनः।
भेदनोहन्तिदोषार्शोगुल्मकृच्छ्राश्महृद्रुजः।
योनिरोगान्प्रमेहांश्चप्लीहशूलव्रणानिच ॥१६२॥

Synonyms:*Aśmaghna, giribhidb, hinnayōjinī* and *aśmabhēdō.*
***Rasa* (Taste):** *Kaṭu*(pungent) and *kṣāya* (astringent).
***Vīrya* (Potency):** *Śīta* (cold).
Action: Laxative.
Therapeutics: Hemorrhoids, abdominal tumor, dysuria, calculus, heart ailments, diseases of the vagina, polyuria, and diseases of the spleen, pain and ulcer. It purifies urinary bladder.

1.66: *Dhātakī -Woodfordia fruticosa* (L.) Kurz (Lythraceae)

धातकीधातुपुष्पीचताम्रपुष्पीचकुञ्जरा।
सुभिक्षाबहुपुष्पीचवह्निज्वालाचसास्मृता ॥१६३॥
धातकीकटुकाशीतामृदुकृत्तुवरालघुः।
तृष्णाऽतीसारपित्तास्रविषक्रिमिविसर्पजित् ॥१६४॥

Synonyms:*Dhātupuṣpī, tāmrapuṣpī, kuñjarā, subhikṣā, bahupuṣpī* and *vahnijvālā*.
Rasa (Taste): *Tikta* (bitter) and *kṣāya* (astringent).
Guṇa* (Property):Laghu* (light).
***Vīrya* (Potency):** *Śīta* (cold).
Effect on *Tridōṣa*: Pacifies *pitta*.
Action: Appetizer and digestive.
Therapeutics: Diarrhea, poisoning, worm infestation, erysipelas and diseases caused by vitiation of blood.

1.67: *Mañjiṣṭhā-Rubia cordifolia* L. (Rubiaceae)

मञ्जिष्ठाविकसाजिङ्गीसमङ्गाकालमेषिका।
मण्डूकपर्णीभण्डीरीभण्डीयोजनवल्ल्यपि ॥१६५॥
रसायन्यरुणाकालारक्ताङ्गीरक्तयष्टिका।
भण्डीतकीचगण्डीरीमञ्जूषावस्त्ररञ्जिनी ॥१६६॥
मञ्जिष्ठामधुरातिक्ताकषायास्वरवर्णकृत्।
गुरुरुष्णाविषश्लेष्मशोथयोन्यक्षिकर्णरुक्।
रक्तातीसारकुष्ठास्रवीसर्पव्रणमेहनुत् ॥१६७॥

Synonyms:*Vikasā, jiṅgī, samaṅgā, kālamēṣikā, maṇḍūkaparṇī, bhaṇḍīrī, bhaṇḍī, yōjanavallī, rasāyanyaruṇā, kālā, raktāṅgī, raktayaṣṭikā, bhaṇḍītakī, gaṇḍīrī, mañjūṣā* and *vastrarañjinī*.
***Rasa* (Taste):** *Madhura* (sweet), *kaṭu* (pungent) and *kṣāya* (astringent).
Guṇa* (Property):Gurū* (heavy).
***Vīrya* (Potency):** *Ūṣana* (hot).

Effect on *Tridōṣa*: Pacifies *kapha*.
Action: Alterative.
Therapeutics: Poisoning, edema, disease of the vagina, ear and eyes, bloody diarrhea, skin diseases, diseases caused by vitiation of blood, erysipelas and polyuria. It improves complexion and voice.

1.68: *Kusumbha-Carthamus tinctorius* L. (Asteraceae)

स्यात्कुसुम्भंवह्निशिखंवस्त्ररञ्जकमित्यपि।
कुसुम्भंवातलंकृच्छ्ररक्तपित्तकफापहम् ॥१६८॥

Synonyms:*Vahniśikha* and *vastrarañjaka.*
Effect on *Tridōṣa*: Aggravates *vāta* and pacifies *pitta* and *kapha*.
Therapeutics: Dysuria and diseases caused by vitiation of blood.

1.69: *Lākṣā- Coccus lacca*

लाक्षापलंकषाऽलक्तोयावोवृक्षामयोजतुः।
(ब्राह्मण्यङ्गारवल्लीचखरशाखाचहञ्जिका) ॥१६९॥
लाक्षावर्ण्याहिमाबल्यास्निग्धाचतुवरालघुः।
अनुष्णाकफपित्तास्रहिक्काकासज्वरप्रणुत्।
व्रणोरःक्षतवीसर्पकृमिकुष्ठगदापहा।
अलक्तकोगुणैस्तद्वद्विशेषाद्व्यङ्गनाशनः ॥१७०॥

Synonyms:*Palaṁkaṣā, alakta, yāva, vṛkṣāmaya, jatu, brāhmaṇy, aṅgāravallī, kharaśākhā* and *hañjikā*.
***Rasa* (Taste):** *Kṣāya* (astringent).
Guṇa* (Property):Snigdha* (unctuous).
***Vīrya* (Potency):** *Śīta* (cold).
Effect on *Tridōṣa*: Pacifies *pitta* and *kapha*.
Action: Tonic.
Therapeutics: Diseases caused by vitiation of blood, hiccough, cough, ulcer, diseases of the thoracic cavity, erysipelas, worm infestation and skin diseases. It improves the complexion.

1.70: *Haridrā-Curcuma longa* L. (Zingiberaceae)

हरिद्राकाञ्चनीपीतानिशाख्यावरवर्णिनी ।
कृमिघ्नाहलदीयोषित्प्रियाहट्टविलासिनी ॥१७१॥
हरिद्राकटुकातिक्तारूक्षोष्णाकफपित्तनुत् ।
वर्ण्यात्वग्दोषमेहास्रशोथपाण्डुव्रणापहा ॥१७२॥

Synonyms:*Kāñcanī, pītā, niśākhyā, varavarṇinī, kṛmighnā, haladī, yōṣitpriyā* and *haṭṭavilāsinī.*
***Rasa* (Taste):** *Kaṭu* (pungent) and *tikta* (bitter).
Guṇa* (Property):Rūkṣa* (ununctuous).
***Vīrya* (Potency):** *Ūṣana* (hot).
Effect on *Tridōṣa*: Pacifies *kapha* and *pitta*.
Therapeutics: Skin diseases, polyuria, diseases caused by vitiation of blood, edema, anemia and ulcer.

1.71: *Āmragandhaharidrā-Curcuma amada* Roxb. (Zingiberaceae)

दार्वीमेदाऽऽम्रगन्धाचसुरभीदारुदारुच ।
कर्पूरापद्मपत्रास्यात्सुरीमत्सुरतारका ॥१७३॥
आम्रगंधिर्हरिद्रायासाशीतावातलामता ।
पित्तहृन्मधुरातिक्तासर्वकण्डूविनाशिनी ॥१७४॥

Synonyms:*Dārvī, mēdā, amragandhā, surabhī, dārudāru, karpūrā, padmapatrā* and *surīmatsuratārakā.*
***Rasa* (Taste):** *Madhura*(sweet) and*kaṭu*(pungent).
***Vīrya* (Potency):** *Śīta* (cold).
Effect on *Tridōṣa*: Pacifies *pitta* but aggravates *vāta*.
Therapeutics: Pruritis.

1.72: *Vanaharidrā- Curcuma aromatica* Salisb. (Zingiberaceae)

Therapeutics: Skin diseases and gout.

1.73: *Dāruharidrā-Berberis aristata* DC (Berberidaceae)

दार्वीदारुहरिद्राचपर्जन्यापर्जनीतिच ।
कटङ्कटेरीपीताचभवेत्सैवपचम्पचा ॥१७५॥
सैवकालीयकःप्रोक्तस्तथाकालेयकोऽपिच ।
पीतद्रुश्चहरिद्रुश्चपीतदारुचपीतकम् ॥१७६॥
दार्वीनिशागुणाकिन्तुनेत्रकर्णास्यरोगनुत् ॥१७७॥

Synonyms:*Dārvī, dāruharidrā, parjanyā, parjanīti, kaṭaṅkaṭērī, pītā, bhavētsaiva, pacampacā, saiva, kālīyaka, prōkta* and *kālēyaka.*
Rasa **(Taste):** *Kaṭu* (pungent) and *tikta* (bitter).
Guṇa **(Property):***Rūkṣa* (ununctuous).
Vīrya **(Potency):** *Ūṣana* (hot).
Effect on *Tridōṣa*: Pacifies *kapha.*
Therapeutics: Diseases of the throat, eye and ear.

1.74: *Rasāñjana* (Extract of *Berberis aristata)*

Method of preparation: *Rasāñjana*is prepared by concentrating decoction of *Berberisaristata* with equal quantity of milk.
Synonyms:*Tārkṣyaśaila, rasagarbha* and *tārkṣyaja.*
Rasa **(Taste):** *Kaṭu* (pungent) and *tikta* (bitter).
Guṇa **(Property):***Rūkṣa* (ununctuous).
Vīrya **(Potency):** *Ūṣana* (hot).
Effect on *Tridōṣa*: Pacifies *kapha.*
Action: Tonic and expectorant.
Therapeutics: Diseases of the eye and abscess.

1.75.1:*Bākucī-Psoralia corylifolia* L. (Fabaceae)

अवल्गुजोबाकुचीस्यात्सोमराजीसुपर्णिका।
शशिलेखाकृष्णफलासोमापूतिफलीतिच।
सोमवल्लीकालमेषीकुष्ठघ्नीचप्रकीर्तिता ॥१८०॥
बाकुचीमधुरातिक्ताकटुपाकारसायनी।
विष्टम्भहृद्धिमारुच्यासराश्लेष्मास्रपित्तनुत्।
रूक्षाहृद्याश्वासकुष्ठमेहज्वरकृमिप्रणुत् ॥१८१॥
तत्फलंपित्तलंकुष्ठकफानिलहरंकटु।
केश्यंत्वच्यंकृमिश्वासकासशोथामपाण्डुनुत् ॥१८२॥

Synonyms:*Avalguja, bākucī, sōmarājī, suparṇikā, śaśilēkhā, kṛṣṇaphalā, sōmā, pūtiphalīti, sōmavallī, kālamēṣī* and *kuṣṭhaghnī.*
***Rasa* (Taste):** *Madhura* (sweet), *kaṭu* (pungent) and *tikta* (bitter).
Guṇa* (Property):Rūkṣa* (ununctuous).
***Vīrya* (Potency):** *Śīta* (cold).
Vipāka* (Post digestion effect):Kaṭu* (pungent)
Effect on *Tridōṣa*: Pacifies *kapha.*
Action: Laxative and tonic.
Therapeutics: Heart ailments, epistaxis, asthma, leprosy, polyuria, fever and worm infestation.

1.75.2:Fruit of *Bākucī*

***Rasa* (Taste):** *Tikta* (bitter).
Effect on *Tridōṣa*: Pacifies *vāta* and *kapha.*
Therapeutics: Asthma, indigestion, anemia and diseases of the skin and hairs.

1.76.1:*Cakramarda-Cassia tora* L. (Fabaceae)

Synonyms: *Prapunnāṭa, dadrughna, mēṣalōcana, padmāṭa, ēḍagaja* and *punnāṭa.*
***Rasa* (Taste):** *Madhura* (Sweet).
Guṇa* (Property):Laghu* (light) and *rūkṣa* (ununctuous).
***Vīrya* (Potency):** *Śīta* (cold).
Vipāka* (Post digestion effect):Kaṭu* (pungent)

Effect on *Tridōṣa*: Pacifies *vāta*, *pitta* and *kapha*.
Therapeutics: Heart ailments, asthma, leprosy, ringworm and worm infestation.

1.76.2: Fruit of *Chakramarda*

***Rasa* (Taste):** *Tikta* (bitter).
***Vīrya* (Potency):** *Śīta* (cold).
Therapeutics: leprosy, ringworm, pruritis, abdominal tumor, poisoning, asthma.

1.77: *Ativiṣā-Aconitum heterophyllum* Wall(Ranunculaceae)

विषात्वतिविषाविश्वाशृङ्गीप्रतिविषाऽरुणा ।
शुक्लकन्दाचोपविषाभङ्गुराघुणवल्लभा ॥१८६॥
विषासोष्णाकटुस्तिक्तापाचनीदीपनीहरेत् ।
कफपित्तातिसारामविषकासवमिक्रिमीन् ॥१८७॥

Synonyms: *Viṣā, ativiṣā, viśvā, śṛṅgī, prativiṣā, aruṇā, śuklakandā, cōpaviṣā, bhaṅgurā* and *ghuṇavallabhā.*
***Rasa* (Taste):** *Kaṭu*(pungent) and tikta (bitter).
Guṇa* (Property):Laghu* (light) and *rūkṣa* (ununctuous).
Vipāka* (Post digestion effect):Kaṭu* (pungent)
Effect on *Tridōṣa*: Pacifies *pitta* and *kapha*.
Action: Appetizer.
Therapeutics: Diarrhea, indigestion, poisoning, cough, vomiting and worm infestation.

1.78:*Lōdhra -Symplocos racemosa* Roxb. (Symplocaceae)

लोध्रस्तिरीटकश्चैवशावरोमालवस्तथा ।
द्वितीयःपट्टिकालोध्रःक्रमुकःस्थूलवल्कलः ।
जीर्णपत्रोबृहत्पत्रःपट्टीलाक्षाप्रसादनः ॥१८८॥
लोध्रोग्राहीलघुःशीतश्चक्षुष्यःकफपित्तनुत् ।

कषायोरक्तपित्तासृग्ज्वरातीसारशोथहृत् ||१८९||

Synonyms: *Stirīṭaka, śāvara* and *mālava.*
Rasa **(Taste):** *Kṣāya* (astringent).
Guṇa **(Property):***Laghu* (light) and *rūkṣa* (ununctuous).
Vīrya **(Potency):** *Śīta* (cold).
Effect on ***Tridōṣa*****:** Pacifies *pitta* and *kapha*.
Action: Astringent.
Therapeutics: Epistaxis, diseases caused by vitiation of blood, fever, bloody diarrhea, eye diseases and edema.

Paṭṭikālōdhra- Symplocos cochinchinensis (Lour.) S.Moore ssp. laurina (Retz.) Noot. (Symplocaceae}

Synonyms: *Kramuka, sthūlavalkala, jīrṇapatra, bṛhatpatra, paṭṭī* and *lākṣāprasādana.*

1.79: *Laśuna –Allium sativum* L. (Liliaceae)

लशुनस्तुरसोनःस्यादुग्रगन्धोमहौषधम् |
अरिष्टोम्लेच्छकन्दश्चयवनेष्टोरसोनकः ||१९०||
यदामृतंवैनतेयोजहारसुरसत्तमात् |
तदाततोऽपतद्बिन्दुःसरसोनोऽभवद्भुवि ||१९१||
पञ्चभिश्चरसैर्युक्तोरसेनाम्लेनवर्जितः |
तस्माद्रसोनइत्युक्तोद्रव्याणांगुणवेदिभिः ||१९२||
कटुकश्चापिमूलेषुतिक्तःपत्रेषुसंस्थितः ||१९३||
नालेकषायउद्दिष्टोनालाग्रेलवणःस्मृतः |
बीजेतुमधुरःप्रोक्तोरसस्तद्गुणवेदिभिः ||१९४||
रसोनोबृंहणोवृष्यःस्निग्धोष्णःपाचनःसरः |
रसेपाकेचकटुकस्तीक्ष्णोमधुरकोमतः ||१९५||
भग्नसन्धानकृत्कण्ठ्योगुरुःपित्तास्रवृद्धिदः |
बलवर्णकरोमेधाहितोनेत्र्योरसायनः ||१९६||
हृद्रोगजीर्णज्वरकुक्षिशूलविबन्धगुल्मारुचिकासशोफान् |

दुर्नामकुष्ठानलसादजन्तुसमीरणश्वासकफांश्चहन्ति ॥१९७॥
मद्यंमांसंतथाऽम्लञ्चहितंलशुनसेविनाम् ।
व्यायाममातपंरोषमतिनीरंपयोगुडम् ।
रसोनमश्नन्पुरुषस्त्यजेदेतान्निरन्तरम् ॥१९८॥

Synonyms: *Rasōna, syādugragandha, mahauṣadha, ariṣṭa, mlēcchakanda, yavanēṣṭa* and *rasōnaka.*
Origin: Once upon a time, Lord Indra stole nectar from *Garūḍa*. When they battled for the nectar, a drop fell on the ground, form where garlic originated. Earth contains six tastes, but with the exception of sour (*amla*), all five tastes are present in it. This has lead to the name *rasōna*. Sweet taste resides in the seeds. Salt resides in anterior part of the main stem. Pungency resides in the leaves. Bitter resides in the roots. Astringent resides in main stem.
***Rasa* (Taste):** *Madhura* (Sweet) and *kaṭu* (pungent).
Guṇa* (Property):Snigdha* (unctuous).
***Vīrya* (Potency):** *Uṣana* (hot).
Vipāka* (Post digestion effect):Kaṭu* (pungent)
Effect on *Tridōṣa*: Pacifies *vāta* and *kapha.*
Action: Aphrodisiac and tonic.
Therapeutics: Helps in healing fractures, purifies the throat, increases *pitta* and blood, improve vitality and complexion. It is beneficial for eyes, improves thinking power, heart ailments, chronic fevers, pleurisy, constipation, abdominal tumor, anorexia, cough, edema, hemorrhoids, skin diseases, loss of appetite, worm infestation and asthma.
Contraindications during garlic therapy: Alcohol, meat, sour preparations, exercise, sunbath, anger, excessive intake of water, milk and jaggery.

1.80: *Palandu-Allium cepa* L. (Liliaceae)

पलाण्डुर्यवनेष्टश्चदुर्गन्धोमुखदूषकः ।
पलाण्डुस्तुगुणैर्ज्ञेयोरसोनसदृशोगुणैः ।
स्वादुःपाकेरसेऽनुष्णःकफकृन्नातिपित्तलाः ।
हरतेकेवलंवातंबलवीर्यकरोगुरुः ॥१९९॥

Synonyms: *Yavanēṣṭa, durgandha, mukhadūṣaka, palāṇḍu, guṇairjñēya* and *rasōnasadṛśa.*
Rasa **(Taste):** *Madhura* (Sweet) and *kaṭu* (pungent).
Guṇa **(Property):***Snigdha* (unctuous).
Vīrya **(Potency):** *Śīta* (cold).
Vipāka **(Post digestion effect):***Kaṭu* (pungent)
Effect on ***Tridōṣa*****:** Pacifies *vāta* but aggravates *kapha*.
Action: Aphrodisiac and tonic.
Therapeutics: Similar to *Laśuna* (*Alliumsativum*).

1.81.1: *Bhallataka-Semecarpus anacardium* L. (Anacardiaceae)

भल्लातकंत्रिषुप्रोक्तमरुष्कोऽष्करोऽग्निकः ।
तथैवाग्निमुखीभल्लीवीरवृक्षश्चशोफकृत् ॥२००॥
भल्लातकफलंपक्वंस्वादुपाकरसंलघु ।
कषायंपाचनंस्निग्धंतीक्ष्णोष्णंछेदिभेदनम् ॥२०१॥
मेध्यंवह्निकरंहन्तिकफवातव्रणोदरम् ।
कुष्ठार्शोग्रहणीगुल्मशोफानाहज्वरक्रिमीन् ॥२०२॥
तन्मज्जामधुरोवृष्योबृंहणोवातपित्तहा ।
वृन्तमारुष्करंस्वादुपित्तघ्नंकेश्यमग्निकृत् ॥२०३॥
भल्लातकःकषायोष्णःशुक्रलोमधुरोलघुः ।
वातश्लेष्मोदरानाहकुष्ठार्शोग्रहणीगदान् ।
हन्तिगुल्मज्वरश्वित्रवह्निमान्द्यकृमिव्रणान् ॥२०४॥

Synonyms: *Triṣu, aruṣka, aṣkara, agnika, vāgnimukhī, bhallī, vīravṛkṣa* and *śōphakṛt*.
Rasa **(Taste):** *Madhura* (sweet) and *kṣāya* (astringent).
Guṇa **(Property):***Laghu* (light), *snigdha* (unctuous) and *tīkṣana* (sharp).
Vīrya **(Potency):** *Uṣana* (hot).
Vipāka **(Post digestion effect):***Madhura* (sweet).
Effect on ***Tridōṣa*****:** Pacifies *vāta* and *kapha*.
Action: Digestive and laxative.

Therapeutics: Ulcer, abdominal diseases, leprosy, hemorrhoids, malabsorption, abdominal tumor, edema, tympanites, fever and worm infestation. It improves retention power of the brain.

1.81.2:Fruit pulp of *Bhallataka* (*Semecarpusanacardium*)

***Rasa* (Taste):** *Madhura* (sweet).
Effect on *Tridōṣa*: Pacifies *vāta* and *kapha*.
Action: Spermopiotic and tonic.

1.81.3:Stem of *Bhallataka* (*Semecarpus anacardium*)

***Rasa* (Taste):** *Madhura* (sweet).
Effect on *Tridōṣa*: Pacifies *pitta*.
Action: Appetizer.
Therapeutics: Hair diseases.

1.82: *Bhaṅgā-Cannabisindica* L. (Cannabaceae)

भङ्गागञ्जामातुलानीमादिनीविजयाजया |
भङ्गाकफहरीतिक्ताग्राहिणीपाचनीलघुः |
तीक्ष्णोष्णापित्तलामोहमन्दवाग्वह्निवर्धिनी ||२०५||

Synonyms: *Gañjā, mātulānī, mādinī, vijayā* and *jayā*.
***Rasa* (Taste):** *Kaṭu* (pungent).
Guṇa* (Property):Laghu* (light) and *tikṣana* (sharp).
***Vīrya* (Potency):** *Uṣana* (hot).
Vipāka* (Post digestion effect):Madhura* (sweet).
Effect on *Tridōṣa*: Pacifies *kapha* but aggravates *pitta*.
Action: Astingent, appetizer and narcotic.

1.83: *Khākhasa*- Poppy

तिलभेदःखसतिलःखाखसश्चापिसस्मृतः |

स्याद्वाखसफलोद्भूतंवल्कलंशीतलंलघु।
ग्राहितिक्तंकषायञ्चवातकृत्कफकासहृत्॥२०६॥
धातूनांशोषकंरूक्षंमदकृद्वाग्विवर्धनम्।
मुहुर्मोहकरंरुच्यंसेवनात्पुंस्त्वनाशनम्॥२०७॥

Synonyms: *Tilabhēda* and *khasatila*.
***Rasa* (Taste):** *Kaṭu* (pungent) and *kṣāya* (astingent).
Guṇa* (Property):Laghu* (light).
***Vīrya* (Potency):** *Śīta* (cold).
Effect on *Tridōṣa*: Pacifies *kapha* but aggravates *vāta*.
Action: Astingent and antitussive. It is narcotic poison, sets up emaciation, acts as hallucinogenic and induces euphoria. It consumed regularly it induces impotency.

1.84: *Ahiphēnaka-Papaver somniferum* L. (Papaveraceae)

उक्तंखसफलक्षीरमाफूकमहिफेनकम्।
आफूकंशोषणंग्राहिश्लेष्मघ्नंवातपित्तलम्।
तथाखसफलोद्भूतवल्कलप्रायमित्यपि॥२०८॥

Synonyms: *Khasaphalakṣīra* and *māphūkam.*
***Rasa* (Taste):** *Kaṭu* (pungent) and *kṣāya* (astingent).
Guṇa* (Property):Laghu* (light).
***Vīrya* (Potency):** *Śīta* (cold).
Effect on *Tridōṣa*: Pacifies *vāta* and *kapha* but aggravates *pitta*.
Action: Astingent and antitussive. It is narcotic poison, sets up emaciation, acts as hallucinogenic and induces euphoria. It consumed regularly it induces impotency.

1.85: *Khākhasatilā* (Seeds of poppy)

Synonyms: *Khasabījāni*.
Guṇa* (Property):Gurū* (heavy).
***Vīrya* (Potency):** *Śīta* (cold).
Effect on *Tridōṣa*: Aggravates *kapha* and *vāta*.
Action: Aphrodisiac and tonic.

1.86:*Saindhavalavaṇa*-Rock salt

सैन्धवोऽस्त्रीशीतशिवंमणिमन्थंचसिन्धुजम् ।
सैन्धवंलवणंस्वादुदीपनंपाचनंलघु ।
स्निग्धंरुच्यंहिमंवृष्यंसूक्ष्मंनेत्र्यंत्रिदोषहृत् ॥२१०॥

Synonyms: *Śītaśiva, maṇimantha* and *sindhuja*.
***Rasa* (Taste):** *Madhura* (sweet).
Guṇa* (Property):Laghu* (light), *snigdha* (unctuous) and *sukṣama* (minute).
***Vīrya* (Potency):** *Śīta* (cold).
Effect on *Tridōṣa*: Pacifies *vāta, pitta* and *kapha*.
Action: Appetizer, digestive and aphrodisiac.
Therapeutics: Eye diseases.

1.87: *Śākambharīlavaṇa*

शाकम्भरीयंकथितंगुडाख्यंरोमकंतथा ।
गुडाख्यंलघुवातघ्नमत्युष्णंभेदिपित्तलम् ।
तीक्ष्णोष्णंचापिसूक्ष्मंचाभिष्यन्दिकटुपाकिच ॥२११॥

Synonyms: *Guḍākhya* and *rōmaka*
***Rasa* (Taste):** *Madhura* (sweet).
Guṇa* (Property):Laghu* (light), *snigdha* (unctuous), *sukṣama* (minute) and *abiṣyandi* (obstructs the channels of circulation).
***Vīrya* (Potency):** *Atiuṣana* (Excessively hot).
***Vipāka* (Post digestion effect):** Kaṭu (pungent).
Effect on *Tridōṣa*: Aggravates *pitta*.
Action: Laxative.

1.88: *Sāmudralavaṇa*

सामुद्रंयत्तुलवणमक्षीवंवशिरञ्चतत् ।
सामुद्रजंसागरजंलवणोदधिसम्भवम् ॥२१२॥
सामुद्रंमधुरंपाकेसतिक्तंमधुरंगुरु ।

नात्युष्णंदीपनंभेदिसक्षारमविदाहिच ।
श्लेष्मलंवातनुत्तीक्ष्णमरूक्षंनातिशीतलम् ॥२१३॥

Synonyms: *Akṣīva, vaśira, sāmudraja, sāgaraja* and *lavaṇōdadhisambhava.*
***Rasa* (Taste):** *Madhura* (Sweet), *kaṭu* (pungent) and *lavaṇa* (saline).
Guṇa* (Property):Gurū* (heavy) and *snigdha* (unctuous).
***Vīrya* (Potency):** *Uṣana* (hot).
Vipāka* (Post digestion effect):Madhura* (sweet) and *kaṭu* (pungent).
Effect on *Tridōṣa*: Pacifies *vāta* but aggravates *kapha.*
Action: Appetizer and laxative.

1.89: *Biḍalavaṇa*

बिडंपाकंचकृतकंतथाद्राविडमासुरम् ।
बिडंसक्षारमूर्ध्वाधःकफवातानुलोमनम् ॥२१४॥
दीपनंलघुतीक्ष्णोष्णंरूक्षंरुच्यंव्यवायिच ।
विबन्धानाहविष्टम्भहृद्रुग्गौरवशूलनुत् ॥२१५॥

Synonyms: *Pāka, kṛtaka, drāviḍa* and *māsura.*
***Rasa* (Taste):** *Lavaṇa* (saline).
Guṇa* (Property):Laghu* (light), *rūkṣa* (ununctuous) and *vyavāyi.*
***Vīrya* (Potency):** *Uṣana* (hot).
Effect on *Tridōṣa*: Pacifies *vāta* and *kapha.*
Action: Carminative and appetizer.
Therapeutics: Anorexia, constipation, tympanites, indigestion, urticaria and colic.

1.90: *Sauvarcalalavaṇa*

सौवर्चलंस्याद्रुचकंमन्थपाकञ्चतन्मतम् ।
रुचकंरोचनंभेदिदीपनंपाचनंपरम् ।
सस्नेहंवातनुन्नातिपित्तलंविशदंलघु ।
उद्गारशुद्धिदंसूक्ष्मंविबन्धानाहशूलजित् ॥२१६॥

Synonyms: *Rūcaka* and *manthapākañca.*

Guṇa (Property):*Snigdha* (unctuous), *laghu* (light) and *viṣada*.
***Vīrya* (Potency):** *Uṣana* (hot).
Effect on *Tridōṣa*: Pacifies *vāta* but aggravates *pitta*.
Action: Digestive, laxative and digestive.
Therapeutics: Anorexia.

1.91: *Audbhidalavaṇa*

Synonyms: *Pāṁśulavaṇa*.
Guṇa* (Property):Gurū* (heavy) and *snigdha* (unctuous).
***Rasa* (Taste):** *Lavaṇa* (saline) and kaṭu (pungent).
***Vīrya* (Potency):** *Śīta* (cold).
Effect on *Tridōṣa*: Pacifies *vāta*.

1.92: *Caṇakāmla* -Alkali preparation of *Cicer arientum* L. (Fabaceae)

चणकाम्लकमत्युष्णंदीपनंदन्तहर्षणम् ।
लवणानुरसंरुच्यंशूलाजीर्णविबन्धनुत् ॥२१८॥

***Rasa* (Taste):** *Lavaṇa* (saline) and amla (sour).
***Vīrya* (Potency):** *Uṣana* (hot).
Effect on *Tridōṣa*: Pacifies *vāta* and *kapha*.
Action: Appetizer.
Therapeutics: Anorexia, indigestion and constipation.

1.93: *Yavakṣāra*- Alkali preparation of *Hordeum vulgare* L. (Poaceae)

पाक्यक्षारोयवक्षारोयावशूकोयवाग्रजः ।
यवक्षारोलघुःस्निग्धःसुसूक्ष्मोवह्निदीपनः ।
निहन्तिशूलवातामश्लेष्मश्वासगलामयान् ।
पाण्ड्वर्शोग्रहणीगुल्मानाहप्लीहहृदामयान् ॥२१९॥
स्वर्जिकाऽपिस्मृतःक्षारःकापोतःसुखवर्चकः ।

कथितःस्वर्जिकाभेदोविशेषज्ञैःसुवर्चिका ||२२०||
स्वर्जिकाल्पगुणातस्माद्विशेषाद्गुल्मशूलहृत् |
सुवर्चिकास्वर्जिकावद्बोद्धव्यागुणतोजनैः ||२२१||

Synonyms: *Yavakṣāra, yāvaśūka* and *yavāgraja.*
Guṇa* (Property):Laghu* (light), *snigdha* (unctuous) and *sukṣama* (subtle).
Effect on *Tridōṣa*: Pacifies *vāta* and *kapha*.
Action: Appetizer.
Therapeutics: Asthma, indigestion, colic, diseases of the throat, anemia, hemorrhoids, malabsorption, abdominal tumor, constipation, diseases of the spleen and heart.

1.94: *Svarjikākṣāra* - Alkali preparation of *Salsola kali* L.subsp. *tragus*. (Amaranthaceae)

Synonyms: *Kāpōta* and *sukhavarcaka. Suvarcaka* is variety of*Sajjikshara.*
Therapeutics: Colic and abdominal tumor.
Svarjikākṣāra is inferior to *Yavakṣāra. Suvarcaka* has therapeutics similar to *svarjikāṣāra.*

1.95: *Taṅkaṇakṣāra* (Borax)

Synonyms: *Saubhāgya, ṭaṅkaṇa* and *dhātudrāvaka.*
Effect on *Tridōṣa*: Pacifies *kapha* but aggravates *vāta* and *kapha.*
Guṇa* (Property):Rukṣa* (ununctuous).

1.96: *Kṣāradvaya* (Combination of two alkalis)

स्वर्जिकायावशूकश्चक्षारद्वयमुदाहृतम् |
टङ्कणेनयुतंतत्तुक्षारत्रयमुदीरितम् |
मिलितंतूक्तगुणकृद्विशेषाद्गुल्महृत्परम् ||२२३||
पलाशवज्रिशिखरिचिञ्चार्कतिलनालजाः |
यवजःस्वर्जिकाचेतिक्षाराष्टकमुदाहृतम् |
क्षाराएतेऽग्निनातुल्यागुल्मशूलहराभृशम् ||२२४||

Ingredients: *Yavakṣāra* and*svarjikākṣāra.*
Therapeutics: Similar to *Yavakṣāra* and*svarjikākṣāra.* It is especially indicated in abdominal tumor.

1.97: *Kṣāratraya* (Combination of three alkalis)

Ingredients: *Yavakṣāra,svarjikākṣāra* and *taṅkaṇakṣāra.*
Therapeutics: Similar to *Yavakṣāra,svarjikākṣāra* and *taṅkaṇakṣāra.* It is especially indicated in abdominal tumor.

1.98: *Kṣārāṣṭaka* (Combination of eight alkalis)

Ingredients: *Palāśa* (*Butea monosperma*), *vajri* (*Euphorbia neriifolia*), *śikhari* (*Achyranthes aspera*), *ciñcā* (*Tamarindus officinalis*), *Arka* (*Calotropis procera*), *tila* (*Sesmanun indicum*),*yavakṣāra* and *svarjikākṣāra.*
Therapeutics: Abdominal tumor.

1.99: *Cukra-Rumex crispus* L. (Polygonaceae)

चुक्रंसहस्रवेधिस्याद्रसाम्लंशुक्तमित्यपि।
चुक्रमत्यम्लमुष्णञ्चदीपनंपाचनंपरम्।
शूलगुल्मविबन्धामवातश्लेष्महरंसरम्।
वमितृष्णाऽऽस्यवैरस्यहृत्पीडावह्निमान्द्यहृत्॥२२५॥

Synonyms: *Sahasravēdhi, rasāmla* and *śukta.*
***Rasa* (Taste):** *Amla* (sour).
***Vīrya* (Potency):** *Uṣana* (hot).
Effect on *Tridōṣa*: Pacifies *kapha.*
Action: Appetizer, digestive, and laxative.
Therapeutics: Colic, constipation, rheumatism, vomiting, thirst, dryness of the mouth, cardiac pain and dyspepsia.

Chapter 2: *Karpuradivarga*

2.1: *Karpūra-Cinnamomum camphora* (L.) J.Presl. (Lauraceae)

पुंसिक्लीबेचकर्पूरःसिताभ्रोहिमवालुकः।
घनसारश्चन्द्रसंज्ञोहिमनामापिसस्मृतः॥१॥
कर्पूरःशीतलोवृष्यश्चक्षुष्योलेखनोलघुः।
सुरभिर्मधुरस्तिक्तःकफपित्तविषापहः॥२॥
दाहतृष्णाऽस्यवैरस्यमेदोदौर्गन्ध्यनाशनः।
कर्पूरोद्विविधःप्रोक्तःपक्वापक्वप्रभेदतः।
पक्वात्कर्पूरतःप्राहुरपक्वंगुणवत्तरम्॥३॥

Synonyms:*Puṁsi, klība, karpūra, sitābhra, himavāluka, ghanasāra, candrasaṁjña* and *himanāma*.
***Rasa* (Taste):** *Madhura* (sweet) and *kaṭu* (pungent).
***Guṇa* (Physical property):** *Laghu* (light).
***Vīrya* (Potency):** *Śīta* (cold).
Effect on *Tridoṣa*: Pacifies *pitta* and *kapha*.
Action: Aromatic and aphrodisiac.
Therapeutics: Eye diseases, obesity, poisoning, burning, dryness of the mouth and halitosis.
Types: *Pakva* and *Apakva*. *Apakva* is considered to be superior.

Cīnākakarpūra

चीनाकसंज्ञःकर्पूरःकफक्षयकरःस्मृतः।
कुष्ठकण्डूवमिहरस्तथातिक्तरसश्चसः॥४॥

2.2:*Kasturī* (Musk)

मृगनाभिर्मृगमदःकथितस्तुसहस्रभित्।

कस्तूरिकाचकस्तूरीवेधमुख्याचसास्मृता ||५||
कामरूपोद्भवाकृष्णानैपालीनीलवर्णयुक् |
काश्मीरीकपिलच्छायाकस्तूरिस्त्रिविधास्मृता ||६||
कामरूपोद्भवाश्रेष्ठानैपालीमध्यमाभवेत् |
काश्मीरदेशसम्भूताकस्तूरीह्यधमामता ||७||
कस्तूरिकाकटुस्तिक्ताक्षारोष्णाशुक्रलागुरुः |
कफवातविषच्छर्दिशीतदौर्गन्ध्यशोषहृत् ||८||

Synonyms:*Mṛganābhi, mṛgamada, kathitastu, sahasrabhit, kastūrikā, kastūrī* and *vēdhamukhyā.*
Types: 1. *Kāmarūpa*: It is of black color and best among all.
2. *Naipālī*: It is of blue color and of medium quality.
3. *Kāśmīrī*: It is of brown color and of inferior quality.
***Rasa* (Taste):** *Kaṭu* (pungent) and *amla* (sour).
***Guṇa* (Physical property):** *Gurū* (heavy) and *tikṣana* (sharp).
***Vīrya* (Potency):** *Uṣana* (hot).
Effect on *Tridoṣa*: Pacifies *vāta* and *kapha.*
Action: Aphrodisiac and deodorant.
Therapeutics: Poisoning, vomiting and atrophy.

2.3:*Latākastūrī-Hibiscus abelmoschus* L. (Malvaceae)

लताकस्तूरिकातिक्तास्वाद्वीवृष्याहिमालघुः |
चक्षुष्याछेदिनीश्लेष्मतृष्णाबस्त्यास्यरोगहृत् ||९||

Synonyms:*Latākastūrīkā.*
***Rasa* (Taste):** *Madhura* (sweet) and *kaṭu* (pungent).
***Guṇa* (Physical property):** *Laghu* (light).
***Vīrya* (Potency):** *Śīta* (cold).
Effect on *Tridoṣa*: Pacifies *kapha.*
Action: Aphrodisiac and laxative.
Therapeutics: Eye diseases, thirst, diseases of the urinary bladder and mouth.

2.4:*Gandhamārjāra*

गन्धमार्जारवीर्यन्तुवीर्यकृत्कफवातहृत् ।
कण्डूकुष्ठहरंनेत्र्यंसुगन्धंस्वेदगन्धनुत् ॥१०॥

***Rasa* (Taste):** *Madhura* (sweet) and *kaṭu* (pungent).
***Guṇa* (Physical property):** *Laghu* (light).
***Vīrya* (Potency):** *Śīta* (cold).
Effect on *Tridoṣa*: Pacifies *vāta* and *kapha*.
Action: Aphrodisiac, deodorant and aromatic.
Therapeutics: Eye diseases, hyperhidrosis, pruritis and leprosy.

2.5: *Candana-Santalum album* L. (Santalacae)

श्रीखण्डंचन्दनंनस्त्रीभद्रःश्रीस्तैलपर्णिकः ।
गन्धसारोमलयजस्तथाचन्द्रद्युतिश्चसः ॥११॥
स्वादेतिक्तंकषेपीतंछेदेरक्तंतनौसितम् ।
ग्रन्थिकोटरसंयुक्तंचन्दनंश्रेष्ठमुच्यते ॥१२॥
चन्दनंशीतलंरूक्षंतिक्तमाह्लादनंलघु ।
श्रमशोषविषश्लेष्मतृष्णापित्तास्रदाहनुत् ॥१३॥

Synonyms:*Śrīkhaṇḍa, strī, bhadra, śrīstailaparṇika, gandhasāra, malayajasta* and *candradyuti*.
Properties of best *Candana*: Pungent in taste, yellow on rubbing, red on cutting, white externally, nodular and has cavity.
***Rasa* (Taste):** *Kaṭu* (pungent).
***Guṇa* (Physical property):** *Laghu* (light) and*rukṣa* (ununctuous).
***Vīrya* (Potency):** *Śīta* (cold).
Effect on *Tridoṣa*: Pacifies *pitta* and *kapha*.
Action: Refrigerant.
Therapeutics: Debility, thirst, poisoning, burning and disease caused by vitiation of blood.

2.6: *Pitacandana-Coscinium fenestratum* (Goetgh.) Colebr (Menispermaceae)

कालीयकंतुकालीयंपीताभंहरिचन्दनम् ।
हरिप्रियंकालसारंतथाकालानुसार्यकम् ।
कालीयकंरक्तगुणंविशेषाद्व्यङ्गनाशनम् ॥१४॥

Synonyms:*Kālīyaka, kālīya, pītābha, haricandana, haripriya, kālasāra* and *kālānusāryaka.*
***Rasa* (Taste):** *Kaṭu* (pungent).
***Guṇa* (Physical property):** *Laghu* (light) and*rukṣa* (ununctuous).
***Vīrya* (Potency):** *Śīta* (cold).
Effect on *Tridoṣa*: Pacifies *pitta* and *kapha*.
Action: Refrigerant.
Therapeutics: Debility, thirst, poisoning, burning and disease caused by vitiation of blood. It is especially indicated in cholasma.

2.7: *Raktacandana-Pterocarpus santalinus* L.f.(Fabaceae)

रक्तचन्दनमाख्यातंरक्ताङ्गंक्षुद्रचन्दनम् ।
तिलपर्णरक्तसारंतत्प्रवालफलंस्मृतम् ॥१५॥
रक्तंशीतंगुरुस्वादुच्छर्दितृष्णाऽस्रपित्तहृत् ।
तिक्तंनेत्रहितंवृष्यंज्वरव्रणविषापहम् ॥१६॥

Synonyms:*Raktāṅga, kṣudracandana, tilaparṇa, raktasāra* and *tatpravālaphala.*
***Rasa* (Taste):** *Madhura* (sweet) and *kaṭu* (Pungent).
***Guṇa* (Physical property):** *Gurū* (heavy) and*rukṣa* (ununctuous).
***Vīrya* (Potency):** *Śīta* (cold).
Effect on *Tridoṣa*: Pacifies *pitta*.
Action: Aphrodisiac.
Therapeutics: Eye diseases, vomiting, poisoning, thirst, fever caused by *pitta* and diseases caused by vitiation of blood.

2.8: *Pataṅga-Caesalpinia sappan* L. (Fabaceae)

पतङ्गंरक्तसारञ्चसुरङ्गंरञ्जनंतथा।
पट्टरञ्जकमाख्यातंपत्तूरञ्चकुचन्दनम् ॥१७॥
पतङ्गंमधुरंशीतंपित्तश्लेष्मव्रणास्रनुत्।
हरिचन्दनवद्वेद्यंविशेषाद्दाहनाशनम् ॥१८॥
चन्दनानितुसर्वाणिसदृशानिरसादिभिः।
गन्धेनतुविशेषोऽस्तिपूर्वःश्रेष्ठतमोगुणैः ॥१९॥

Synonyms:*Raktasāra, suraṅga, rañjana, paṭṭarañjakamākhyāta, pattūra* and *kucandana.*
***Rasa* (Taste):** *Madhura* (sweet).
***Guṇa* (Physical property):** *Laghu* (light) and*rukṣa* (ununctuous).
***Vīrya* (Potency):** *Śīta* (cold).
Effect on *Tridoṣa*: Pacifies *pitta* and *kapha*.
Action: Cooling
Therapeutics: Debility, thirst, poisoning, burning and disease caused by vitiation of blood and cholasma.

2.9: *Aguru-Aquilaria agallocha* Lam. (Thymelaeaceae)

अगुरुप्रवरंलोहंराजार्हंयोगजंतथा।
वंशिकंकृमिजंवापिकृमिजग्धमनार्यकम् ॥२०॥
अगुरूष्णंकटुत्वच्यंतिक्तंतीक्ष्णञ्चपित्तलम्।
लघुकर्णाक्षिरोगघ्नंशीतवातकफप्रणुत् ॥२१॥
कृष्णंगुणाधिकंतत्तुलोहवद्वारौमज्जति।
अगुरुप्रभवःस्नेहःकृष्णागुरुसमःस्मृतः ॥२२॥

Synonyms:*Pravara, lōha, rājārha, yōgaja, vaṁśika, kṛmija, vāpi* and *kṛmijagdhamanāryaka.*
***Rasa* (Taste):** *Kaṭu* (pungent) and *tikta* (bitter).
***Guṇa* (Physical property):** *Laghu* (light) and *tīkṣana* (sharp).
***Vīrya* (Potency):** *Uṣana* (hot).

Effect on *Tridoṣa*: Pacifies *vāta* and *kapha*.
Therapeutics: Beneficial for skin and diseases of the eye and ear.
Properties of best *Aguru*: *Aguru* having black color and dissolving in water (liker iron) is considered to the best.
Oil of *Aguru*: Properties of the oil are similar to *aguru* itself.

2.10: *Dēvadāru-Cedrus deodara* (Roxb.) G.Don (Pinaceae)

Synonyms:*Dārubhadra, dārvindradāru, mastadāru, drukilima, kilima* and *surabhūruha.*
***Rasa* (Taste):** *Kaṭu* (pungent).
***Guṇa* (Physical property):** *Laghu* (light) and *snigdha* (unctuous).
***Vīrya* (Potency):** *Uṣana* (hot).
Vipāka* (Post digestion effect):Kaṭu* (pungent).
Effect on *Tridoṣa*: Pacifies *vāta*.
Therapeutics: Constipation, flatulence, edema, indigestion, lassitude, hiccough, fever, diseases of the blood, chronic rhinitis, polyuria, cough and pruritis.

2.11:*Sarala-Pinus roxburghii* Sarg. (Pinaceae)

Synonyms:*Pītavṛkṣa* and *surabhidāruka.*
***Rasa* (Taste):** *Madhura* (sweet) and *kaṭu* (pungent).
***Guṇa* (Physical property):** *Laghu* (light) and *snigdha* (unctuous).
***Vīrya* (Potency):** *Uṣana* (hot).
Vipāka* (Post digestion effect):Kaṭu* (pungent).
Effect on *Tridoṣa*: Pacifies *vāta* and *kapha*.
Therapeutics: Diseases of the ear and eyes, hyperhidrosis, burning, cough, apoplexy and ulcers.

2.12: *Tagara-Valeriana wallichii* DC (Valerianaceae)

कालानुसार्यतगरंकुटिलंनवुषंनतम्।
अपरंपिण्डतगरंदण्डहस्तीचबर्हिणम्॥२६॥
तगरद्वयमुष्णंस्यात्स्वादुस्निग्धंलघुस्मृतम्।

विषापस्मारशूलाक्षिरोगदोषत्रयापहम् ||२७||

Synonyms:*Kālānusārya, tagara, kuṭila* and *navuṣa*.
***Rasa* (Taste):** *Madhura* (sweet).
***Guṇa* (Physical property):** *Laghu* (light).
***Vīrya* (Potency):** *Uṣana* (hot).
Vipāka* (Post digestion effect):Kaṭu* (pungent).
Effect on *Tridoṣa*: Pacifies *vāta*, *pitta* and *kapha*.
Therapeutics: Poisoning, epilepsy, disease of the eye, and colic.

2.13: *Padmaka-Prunus pudum* L. (Rosaceae)

पद्मकंपद्मगन्धिस्यात्तथापद्माह्वयंस्मृतम् |
पद्मकंतुवरंतिक्तंशीतलंवातलंलघु |
वीसर्पदाहविस्फोटकुष्ठश्लेष्मास्रपित्तनुत् |
गर्भसंस्थापनंरुच्यंवमिव्रणतृषाप्रणुत् ||२८||

Synonyms:*Padmagandhi* and *padmā*.
***Rasa* (Taste):** *Kaṭu* (pungent) and *kṣāya* (astringent).
***Guṇa* (Physical property):** *Laghu* (light).
***Vīrya* (Potency):** *Śīta* (cold).
Effect on *Tridoṣa*: Pacifies *kapha* but aggravates *vāta*.
Action: Appetizer.
Therapeutics: Erysipelas, burning, urticaria, skin diseases, epistaxis (nasal bleeding), vomiting, thirst and ulcer. It protects the uterus.

2.14: *Guggulu-Commiphora mukul* (Stocks) Hook. (Burseraceae)

गुग्गुलुर्देवधूपश्चजटायुःकौशिकःपुरः |
कुस्तालूखलकंक्लीबेमहिषाक्षःपलङ्कषः ||२९||
महिषाक्षोमहानीलःकुमुदःपद्मइत्यपि |
हिरण्यःपञ्चमोज्ञेयोगुग्गुलोःपञ्चजातयः ||३०||

भृङ्गाञ्जनसवर्णस्तुमहिषाक्षइतिस्मृतः।
महानीलस्तुविज्ञेयःस्वनामसमलक्षणः॥३१॥
कुमुदःकुमदाह्वःस्यात्पद्मोमाणिक्यसन्निभः।
हिरण्याक्षस्तुहेमाभःपञ्चानांलिङ्गमीरितम्॥३२॥
महिषाक्षोमहानीलोगजेन्द्राणांहितावुभौ।
हयानांकुमुदःपद्मःस्वस्त्यारोग्यकरौपरौ॥३३॥
विशेषेणमनुष्याणांकनकःपरिकीर्तितः।
कदाचिन्महिषाक्षश्चयतःकैश्चिन्नृणामपि॥३४॥
गुग्गुलुर्विशदस्तिक्तोवीर्योष्णःपित्तलःसरः।
कषायःकटुकःपाकेकटूरूक्षोलघुःपरः॥३५॥
भग्नसन्धानकृद्वृष्यःसूक्ष्मःस्वर्योरसायनः।
दीपनःपिच्छिलोबल्यःकफवातव्रणापचीः॥३६॥
मेदोमेहाश्मवातांश्चक्लेदकुष्ठाममारुतान्।
पिडकाग्रन्थिशोफार्शोगण्डमालाकृमीञ्जयेत्।
माधुर्याच्छमयेद्वातंकषायत्वाच्चपित्तहा॥३७॥
तिक्तत्वाद्कफजित्तेनगुग्गुलुःसर्वदोषहा।
सनवोबृंहणोवृष्यःपुराणस्त्वतिलेखनः॥३८॥
स्निग्धःकाञ्चनसंकाशःपक्वजम्बूफलोपमः।
नूतनोगुग्गुलुःप्रोक्तःसुगन्धिर्यस्तुपिच्छिलः॥३९॥
शुष्कोदुर्गन्धकश्चैवत्यक्तप्रकृतिवर्णकः।
पुराणःसतुविज्ञेयोगुग्गुलुर्वीर्यवर्जितः॥४०॥
अम्लंतीक्ष्णमजीर्णञ्चव्यवायंश्रममातपम्।
मद्यंरोषंत्यजेत्सम्यग्गुणार्थीपुरसेवकः॥४१॥

Synonyms:*Dēvadhūpa, jaṭāyu, kauśika, pura, kustālū, khalaka, klība, mahiṣākṣa* and *palaṅkaṣa.*
Types:
1. *Mahiṣākṣa,*
2. *Mahānīla,*

3. *Kumuda,*
4. *Padma,*
5. *Hiraṇya.*

Description of types:

1. *Mahiṣākṣa:* The color is black-red.
2. *Mahānīla:* The color is blue.
3. *Kumuda:* The color is white.
4. *Padma:* It shines like Ruby.
5. *Hiraṇya:* The color is similar to gold.

Use of five types of *Guggulu*:

1. *Mahiṣākṣa* and *mahānīla* are harmful to the elephants.
2. *Kumuda* and *padma* are useful for the horses.
3. *Hiraṇya* is useful for the human beings.

***Rasa* (Taste):** *Kaṭu* (*pungent*), *tikta* (bitter) and *kṣāya* (astringent).
***Guṇa* (Physical property):** *Laghu* (light), *rūkṣa* (ununctuous) and *sūkṣama* (subtle).
***Vīrya* (Potency):** *Uṣana* (hot).
Vipāka* (Post digestion effect):Kaṭu* (pungent).
Effect on *Tridoṣa*: Pacifies *vāta*, *pitta* and *kapha*.
Actions: Appetizer, laxative, tonic, spemopiotic.
Therapeutics: Fractures, hoarsens of the voice, ulcers, lymphadenitis, obesity, polyuria, calculus, rheumatism, carbuncle, goiter, edema, hemorrhoids and worm infestation. Fresh *guggulu* is *snigdha* (unctuous) and *picila*; gold like in appearance, color is similar to mature fruit of *Jambu* and aromatic. It improves strength and vitality. Old *guggulu* is dry, has foul smell, and has no color and smell. It sets up emaciation.
Contraindications during *Guggulu* therapy: Sour foods, pepper, foods disturbing digestion, intercourse, hard work, sunbath, alcohol and anger.

2.15: *Saralaniryāsa* (Oleo-resin obtained from *Pinus roxburghii* Sarg.)

Synonyms:*Śrīvāsa, saralasrāva, śrīvēṣṭa* and *vṛkṣadhūpaka.*
***Rasa* (Taste):** *Madhura* (sweet), *kaṭu* (pungent) and *kṣāya*(astringent).
***Guṇa* (Physical property):** *Laghu* (light).
***Vīrya* (Potency):** *Uṣana* (hot).
Effect on *Tridoṣa*: Pacifies *vāta* and *kapha.*
Action: Laxative and antibacterial.
Therapeutics: Headache, diseases of the eye, hoarseness of the voice, pediculosis, pruritis and ulcer.

2.16: *Rāla*-Resin obtained from *Shorea robusta* Roth (Dipterocarpaceae)

Synonyms:*Śālaniryāsa, sarjarasa, dēvadhūpa, yakṣadhūpa* and *sarvarasa.*
***Rasa* (Taste):** *Kaṭu* (pungent) and *kṣāya*(astringent).
***Guṇa* (Physical property):** *Gurū* (heavy).
***Vīrya* (Potency):** *Śīta* (Cold).
Effect on *Tridoṣa*: *Pacifiesvāta* and *kapha.*
Action: Astringent.
Therapeutics: Diseases of the blood, hyperhidrosis, erysipelas, fever, ulcer, rhagades, skin diseases, microbial infections, fracture, burns, colic and diarrhea.

2.17: *Kunduru*-Gum resin obtained from *Boswellia serrata* Triana & Planch. (Burseraceae)

Synonyms:*Mukunda, sugandha* and *kunda.*
***Rasa* (Taste):** *Madhura* (sweet), *kaṭu* (pungent) and tikta (bitter).
***Guṇa* (Physical property):** *Tikṣana.*
***Vīrya* (Potency):** *Śīta* (Cold).
Effect on *Tridoṣa*: Pacifies *vāta* and *kapha.*
Therapeutics: Skin diseases, fever, hyperhidrosis and diseases of the throat.

2.18: *Sihlaka-Liquidambarorientalis* L. (Altingiaceae)

Synonyms:*Turuṣka, syādyata* and *yavanadēśaja.*

***Rasa* (Taste):** *Madhura* (sweet) and *tikta* (bitter).
***Guṇa* (Physical property):** *Snigdha* (unctuous).
***Vīrya* (Potency):** *Uṣana* (hot).
Effect on *Tridoṣa*: Pacifies *vāta* and *kapha*.
Actions: Alterative, tonic and aphrodisiac.
Therapeutics: Throat diseases, hyperhidrosis, leprosy, fever, burning and microbial infections.

2.19: *Jātiphala-Myristica fragrans* Houtt. (Myristicaceae)

जातीफलंजातिकोशंमालतीफलमित्यपि ।
जातीफलंरसेतिक्तंतीक्ष्णोष्णंरोचनंलघु ।
कटुकंदीपनंग्राहिस्वर्यंश्लेष्मानिलापहम् ॥४८॥
निहन्तिमुखवैरस्यंमलदौर्गन्ध्यकृष्णताः ।
कृमिकासवमिश्वासशोषपीनसहृद्रुजः ॥४९॥

Synonyms:*Jātikōśa* and *mālatīphala*.
***Rasa* (Taste):** *Kaṭu* (pungent) and and *tikta* (bitter).
***Guṇa* (Physical property):** *Laghu* (light) and *tīksaṇa* (sharp).
***Vīrya* (Potency):** *Uṣana* (hot).
Effect on *Tridoṣa*: Pacifies *vāta* and *kapha*.
Actions: Appetizer and astringent.
Therapeutics: Throat diseases, hoarseness of the voice, worm infestation, hyperhidrosis, cough, vomiting, asthma, consumption, rhinitis and heart ailments.

2.20: *Jātīpatrī* (Mace obtained from *Myristica fragrans* Houtt.)

जातीफलस्यत्वक्प्रोक्ताजातीपत्रीभिषग्वरैः ।
जातीपत्रीलघुःस्वादुःकटूष्णारुचिवर्णकृत् ।
कफकासवमिश्वासतृष्णाकृमिविषापहा ॥५०॥

It is the outer coating of *Jātiphala*.
***Rasa* (Taste):** *Madhura* (sweet) and *kaṭu* (pungent).
***Guṇa* (Physical property):** *Laghu* (light).
***Vīrya* (Potency):** *Uṣana* (hot).
Effect on *Tridoṣa*: Pacifies *kapha*.
Actions: Appetizer and astringent.
Therapeutics: Cough, ulcer, vomiting, asthma, thirst and poisoning.

2.21: *Lavaṅga-Caryophyllus aromaticus* L. (Myrtaceae)

लवङ्गंदेवकुसुमंश्रीसंज्ञंश्रीप्रसूनकम् ।
लवङ्गंकटुकंतिक्तंलघुनेत्रहितंहिमम् ।
दीपनंपाचनंरुच्यंकफपित्तास्रनाशकृत् ॥५१॥
तृष्णांछर्दिंतथाध्मानंशूलमाशुविनाशयेत् ।
कासंश्वासञ्चहिक्काञ्चक्षयंक्षययतिध्रुवम् ॥५२।
।

Synonyms:*Dēvakusuma, śrīsaṁjña* and *śrīprasūnaka*.
***Rasa* (Taste):** *Kaṭu* (pungent) and and *tikta* (bitter).
***Guṇa* (Physical property):** *Laghu* (light).
***Vīrya* (Potency):** *Śīta* (cold).
Effect on *Tridoṣa*: Pacifies *pitta* and *kapha*.
Actions: Appetizer and digestive.
Therapeutics: Diseases of the blood, thirst, vomiting, tympanites, colic, cough, asthma hiccough and phthisis.

2.22: *Bṛhadēlā-Amomum subulatum* Roxb. (Zingiberaceae)

एलास्थूलाचबहुलापृथ्वीकात्रिपुटापिच ।
भद्रैलाबृहदेलाचचन्द्रबालाचनिष्कुटिः ॥५३॥
स्थूलैलाकटुकापाकेरसेचानलकृल्लघुः ।
रूक्षोष्णाश्लेष्मपित्तास्रकण्डूश्वासतृषापहा ।
हृल्लासविषबस्त्यास्यशिरोरुग्वमिकासनुत् ॥५४॥

Synonyms:*Ēlā, sthūlā, bahulā, pṛthvīkā, tripuṭāpi, bhadrailā bṛhadēlā, candrabālā* and *niṣkuṭi.*
***Rasa* (Taste):** *Kaṭu* (pungent) and and *tikta* (bitter).
***Guṇa* (Physical property):** *Laghu* (light) and *rūkṣa* (ununctuous).
***Vīrya* (Potency):** *Uṣana* (hot).
Vipāka* (Post digestion effect):Kaṭu* (pungent).
Effect on *Tridoṣa*: Pacifies *pitta* and *kapha*.
Therapeutics: Diseases of the blood, pruritis, thirst, nausea, poisoning, diseases of the urinary bladder and head, vomiting and cough.

2.23: *Sūkṣmailā-Elettaria cardamomum* (L.) Maton (Zingiberaceae)

सूक्ष्मोपकुञ्चिकातुत्थाकोरङ्गीद्राविडीत्रुटिः।
एलासूक्ष्माकफश्वासकासार्शोमूत्रकृच्छ्रहृत्।
रसेतुकटुकाशीतालघ्वीवातहरीमता ॥५५॥

Synonyms:*Sūkṣma, upakuñcikā, tutthā, kōraṅgī, drāviḍī* and *truṭi.*
***Rasa* (Taste):** *Tikta* (bitter).
***Guṇa* (Physical property):** *Laghu* (light) and *rūkṣa* (ununctuous).
***Vīrya* (Potency):** *Uṣana* (hot).
***Vipāka* (Post digestion effect):** Kaṭu (Pungent).
Effect on *Tridoṣa*: Pacifies *vāta* and *kapha*.
Therapeutics: Cough, asthma, hemorrhoids and dysuria.

2.24: *Tvakapatra-Cinnamomum cassia* (L.) J.Presl (Lauraceae)

त्वकपत्रञ्चवराङ्गंस्याद्भृङ्गंचोचंतथोत्कटम्।
त्वचंलघूष्णंकटुकंस्वादुतिक्तञ्चरूक्षकम्।
पित्तलंकफवातघ्नंकण्ड्वामारुचिनाशनम्।
हृद्बस्तिरोगवातार्शःकृमिपीनसशुक्रहृत् ॥५६॥

Synonyms:*Varāṅga, bhṛṅga* and *cōca.*

Rasa **(Taste):** *Madhura* (sweet), *kaṭu* (pungent) and *tikta* (bitter).
Guṇa **(Physical property):** *Laghu* (light) and *rūkṣa* (ununctuous).
Vīrya **(Potency):** *Śīta* (Cold).
Vipāka **(Post digestion effect):***Kaṭu* (pungent).
Effect on *Tridoṣa*: Pacifies *vāta* and *kapha*. It aggravates *pitta*.
Therapeutics: Pruritis, indigestion, anorexia, heart ailments, diseases of the urinary system, hemorrhoids, worm infestation and rhinitis.

2.25: *Tvaka-Cinnamomum zeylanicum* L. (Lauraceae)

त्वक्स्वाद्वीतुतनुत्वक्स्यात्तथादारुसितामता।
उक्तादारुसितास्वाद्वीतिक्ताचानिलपित्तहृत्।
सुरभिःशुक्रलावर्ण्यामुखशोषतृषापहा ॥५७॥

Synonyms:*Tanutvak* and *dārusitā.*
Rasa **(Taste):** *Madhura* (sweet), *kaṭu* (pungent) and *tikta* (bitter).
Guṇa **(Physical property):** *Laghu* (light) and *rūkṣa* (ununctuous).
Vīrya **(Potency):** *Śīta* (Cold).
Vipāka **(Post digestion effect):***Kaṭu* (pungent).
Action: Aromatic, aphrodisiac and alterative.
Therapeutics: Dryness of the mouth and thirst.

2.26: *Tamālapatra- Cinnamomum tamala* (Buch.-Ham.) T.Nees & C.H.Eberm.(Lauraceae)

पत्रंतमालपत्रञ्चतथास्यात्पत्रनामकम्।
पत्रकंमधुरंकिञ्चित्तीक्ष्णोष्णंपिच्छिलंलघु।
निहन्तिकफवातार्शोहृल्लासारुचिपीनसान्॥५८॥

Synonyms:*Patra* and *patranāmaka.*
Rasa **(Taste):** *Madhura* (Sweet).
Guṇa **(Physical property):** *Laghu* (light), *tīkṣana* (sharp) and *picila* (viscid).
Vīrya **(Potency):** *Uṣana* (hot).
Effect on *Tridoṣa*: Pacifies *vāta* and *kapha.*
Therapeutics: Hemorrhoids, heart ailments, anorexia and rhinitis.

2.27: *Nāgakēśara-Mesua ferrea* L. (Calophyllaceae)

नागपुष्पःस्मृतोनागःकेशरोनागकेशरः।
चाम्पेयोनागकिञ्जल्कःकथितःकाञ्चनाहृययः ॥५९॥
नागपुष्पंकषायोष्णंरूक्षंलघ्वामपाचनम्।
ज्वरकण्डूतृषास्वेदच्छर्दिहृल्लासनाशनम्।
दौर्गन्ध्यकुष्ठवीसर्पकफपित्तविषापहम् ॥६०॥

Synonyms:*Nāgapuṣpa, nāga, kēśara, nāgakēśara, cāmpēya, nāgakiñjalka* and *kāñcanā.*
***Rasa* (Taste):** *Kṣāya* (astringent).
***Guṇa* (Physical property):** *Laghu* (light) and *rūkṣa* (ununctuous).
***Vīrya* (Potency):** *Uṣana* (hot).
Vipāka* (Post digestion effect):Kaṭu* (pungent).
Effect on *Tridoṣa*: Pacifies *vāta* and *kapha*.
Therapeutics: Indigestion, fever, pruritis, thirst, hyperhidroisis, vomiting, skin diseases, erysipelas and poisoning.

2.28: *Trijāta*

त्वगेलापत्रकैस्तुल्यैस्त्रिसुगन्धित्रिजातकम्।
नागकेशरसंयुक्तंचातुर्जातकमुच्यते ॥६१॥
तद्द्वयंरोचनंरूक्षंतीक्ष्णोष्णंमुखगन्धहृत्।
लघुपित्ताग्निकृद्वर्ण्यंकफवातविषापहम् ॥६२॥

Synonym: *Trisugandhi*.
Ingredients*:* *Tvaka* (*Cinnamomumzeylanicum*), *bṛhadēlā* (*Amomumsubulatum*)and *tvakapatra* (*Cinnamomumcassia*).
***Guṇa* (Physical property):** *Tīkṣana* (sharp) and *rūkṣa* (ununctuous).
Vipāka* (Post digestion effect):Kaṭu* (pungent).
Effect on *Tridoṣa*: Pacifies *vāta* and *kapha*.

Actions: Appetizer and alterative.
Therapeutics: Halithosis.

2.29: *Caturajāta*

Ingredients*:* *Tvaka* (*Cinnamomumzeylanicum*), *bṛhadēlā* (*Amomumsubulatum*), *tvakapatra* (*Cinnamomumcassia*) and *nāgakēśara* (*Mesua ferrea*).
Guṇa **(Physical property):** *Tīkṣana* (sharp) and *rūkṣa* (ununctuous).
Vipāka **(Post digestion effect):***Kaṭu* (pungent).
Effect on *Tridoṣa*: Pacifies *vāta* and *kapha.*
Actions: Appetizer and alterative.
Therapeutics: Halithosis.

2.30: *Kuṅkuma-Crocus sativus* L. (Iridaceae)

कुङ्कुमंघुसृणंरक्तंकाश्मीरंपीतकंवरम् ।
संकोचंपिशुनंधीरंबाह्लीकंशोणिताभिधम् ॥६३॥
काश्मीरदेशजेक्षेत्रेकुङ्कुमंयद्भवेद्धितत् ।
सूक्ष्मकेशरमारक्तंपद्मगन्धितदुत्तमम् ॥६४॥
बाह्लीकदेशःसञ्जातंकुङ्कुमंपाण्डुरंस्मृतम् ।
केतकीगन्धयुक्तंतन्मध्यमंसूक्ष्मकेशरम् ॥६५॥
कुङ्कुमंपारसीकंयन्मधुगन्धितदीरितम् ।
ईषत्पाण्डुरवर्णंतदधमंस्थूलकेशरम् ॥६६॥
कुङ्कुमंकटुकंस्निग्धंशिरोरुग्व्रणजन्तुजित् ।
तिक्तंवमिहरंवर्ण्यंव्यङ्गदोषत्रयापहम् ॥६७॥

Synonyms:*Ghusṛṇa, rakta, kāśmīra, pītaka, varam, saṁkōca, piśuna, dhīra, bāhlīka* and *śōṇitābhidha.*
Kāśmīra:It originates from Kashmir. It is light, thin, red colored, having smell similar to lotus. It is considered to the best.
Bāhlīka:Minute, smell similar to *Kētakī* (*Pandanus odorattismus*).
Pārasīka: It is thick, resembles honey, aromatic and has slight yellowness. It is considered to be inferior.
Rasa **(Taste):** *Kaṭu* (pungent) and *tikta* (bitter).
Guṇa **(Physical property):** *Snigdha* (unctuous).
Effect on *Tridoṣa*: Pacifies *vāta*, *pitta* and *kapha.*
Action: Alterative.

Therapeutics: Headache, ulcer, vomiting and cholasma.

2.31: *Gōrōcana* (Ox gall)

गोरोचनातुमङ्गल्यावन्द्यागौरीचरोचना।
गोरोचनाहिमातिक्तावश्यामङ्गलकान्तिदा।
विषालक्ष्मीग्रहोन्मादगर्भस्रावक्षतासुहृत् ॥६८॥

Synonyms:*Maṅgalyā, vandyā, gaurī* and *rōcanā.*
***Rasa* (Taste):** *Kaṭu* (pungent).
***Guṇa* (Physical property):** *Snigdha* (unctuous).
***Vīrya* (Potency):** *Uṣana* (hot).
Action: Alterative.
Therapeutics: Poisoning, microbial infections, miscarriage, phthisis and diseases of the blood.

2.32: *Vyāghranakha* (*Helixaspera*)

नखंव्याघ्रनखंव्याघ्रायुधंतच्चक्रकारकम्।
नखंस्वल्पंनखीप्रोक्ताहनुर्हट्टविलासिनी ॥६९॥
नखद्वयंग्रहश्लेष्मवातास्रज्वरकुष्ठहृत्।
लघूष्णंशुक्रलंवर्ण्यंस्वादुव्रणविषापहम्।
अलक्ष्मीमुखदौर्गन्ध्यहृत्पाकरसयोःकटुः ॥७०॥

Synonyms:*Nakha, vyāghranakha, vyāghrāyudha* and *taccakrakāraka.*
***Rasa* (Taste):** *Madhura* (sweet).
***Guṇa* (Physical property):** *Laghu* (light).
***Vīrya* (Potency):** *Uṣana* (hot).
Effect on *Tridoṣa*: Pacifies *vāta* and *kapha*.
Action: Alterative.
Therapeutics: Microbial infections, diseases caused by blood, fever, leprosy, ulcer, poisoning and halitosis.

2.33: *Nakhī*

This is a small variety.
Synonyms:*Hanu and haṭṭavilāsinī.*
***Rasa* (Taste):** *Madhura* (sweet).
***Guṇa* (Physical property):** *Laghu* (light).
***Vīrya* (Potency):** *Uṣana* (hot).
Effect on *Tridoṣa*: Pacifies *vāta* and *kapha*.
Action: Alterative.
Therapeutics: Microbial infections, diseases caused by blood, fever, leprosy, ulcer, poisoning and halitosis.

2.34:*Bālaka-Coleus vettiveroides* K.C. Jacob(Lamiaceae)

बालंह्रीबेरबर्हिष्ठोदीच्यंकेशाम्बुनामच ।
बालकंशीतलंरूक्षंलघुदीपनपाचनम् ।
हृल्लासारुचिवीसर्पहृद्रोगामातिसारजित् ॥७१॥
स्याद्वीरणंवीरतरुर्वीरंचबहुमूलकम् ।
वीरणंपाचनंशीतंस्तम्भंलघुतिक्तकम् ।
मधुरंज्वरनुद्वान्तिमदजित्कफपित्तहृत् ।
तृष्णास्रविषवीसर्पकृच्छ्रदाहव्रणापहम् ॥७२॥

Synonyms: *Bāla, hrībēra, barhiṣṭhōdīcya* and *kēśāmbunāma.*
***Rasa* (Taste):** *Madhura* (sweet).
***Guṇa* (Physical property):** *Laghu* (light) and *rūkṣa* (ununctuous).
***Vīrya* (Potency):** *Śīta* (cold).
Action: Appetizer and digestive.
Therapeutics: Anorexia, erysipelas, heart ailments and nervous diarrhea.

2.35*Vīraṇa-Vetiveria zizanioides* (Linn) Nash.(Poaceae)

वीरणस्यतुमूलंस्यादुशीरंनलदञ्चतत् ।
अमृणालञ्चसेव्यञ्चसमगन्धिकमित्यपि ॥७३॥

उशीरंपाचनंशीतंस्तम्भनंलघुतिक्तकम् |
मधुरंज्वरहृद्वान्तिमदनुत्कफपित्तहृत् |
तृष्णास्रविषवीसर्पदाहकृच्छ्रव्रणापहम् ||७४||

Synonyms: *Mūla, syāduśīra* and *nalada.*
***Rasa* (Taste):** *Madhura* (sweet), *kaṭu* (pungent) and *tikta* (bitter).
***Guṇa* (Physical property):** Laghu (light).
***Vīrya* (Potency):** *Śīta* (cold).
Effect on *Tridoṣa*: Pacifies *pitta* and *kapha.*
Action: Appetizer and digestive.
Therapeutics: Fever, vomiting, alcoholism, thirst, diseases of the blood, poisoning, erysipelas, burning, dysuria and ulcers.

2.36: *Uśīra*

It is root of *Vīraṇa.*
Synonyms: *Amṛṇāla, sēvya* and *samagandhika.*
***Rasa* (Taste):** *Madhura* (sweet), *kaṭu* (pungent) and *tikta* (bitter).
***Guṇa* (Physical property):** *Laghu* (light).
***Vīrya* (Potency):** *Śīta* (cold).
Effect on *Tridoṣa*: Pacifies *pitta* and *kapha.*
Action: Appetizer and digestive.
Therapeutics: Fever, vomiting, alcoholism, thirst, diseases of the blood, poisoning, erysipelas, burning, dysuria and ulcers.

2.37: *Jaṭāmāṁsī-Nardostachys jatamansi* (D.Don) DC. (Caprifoliaceae)

जटामांसीभूतजटाजटिलाचतपस्विनी |
मांसीतिक्ताकषायाचमेध्याकान्तिबलप्रदा |
स्वाद्वीहिमात्रिदोषास्रदाहवीसर्पकुष्ठनुत् ||७५||

Synonyms: *Bhūtajaṭā, jaṭilā* and *tapasvinī.*
***Rasa* (Taste):** *Madhura* (sweet), *tikta* (bitter) and *kṣāya* (astringent).
***Guṇa* (Physical property):** *Laghu* (light).

***Vīrya* (Potency):** *Śīta* (cold).
Effect on *Tridoṣa*: Pacifies *vāta*, *pitta* and *kapha*.
Action: Nootropic and alterative.
Therapeutics: Diseases of the blood, burning, erysipelas and skin diseases.

2.38:*Śailēya-Parmelia perlata* L. (Parmeliaceae)

शैलेयन्तुशिलापुष्पंवृद्धंकालानुसार्यकम्।
शैलेयंशीतलंहृद्यंकफपित्तहरंलघु।
कण्डूकुष्ठाश्मरीदाहविषहृद्गुदरक्तहृत्॥७६॥

Synonyms: *Śilāpuṣpa, vṛddha* and *kālānusāryaka.*
***Guṇa* (Physical property):** *Laghu* (light).
***Vīrya* (Potency):** *Śīta* (cold).
Effect on *Tridoṣa*: Pacifies *pitta* and *kapha*.
Action: Cardiac tonic.
Therapeutics: Pruritis, leprosy, calculus, burning, poisoning and bleeding hemorrhoids.

2.39:*Mustaka-Cyperus rotundus* L.(Cyperaceae)

मुस्तकंनस्त्रियांमुस्तंत्रिषुवारिदनामकम्।
कुरुविन्दश्चसंख्यातोऽपरःक्रोडकसेरुकः।
भद्रमुस्तञ्चगुन्द्राचतथानागरमुस्तकः॥७७॥
मुस्तंकटुहिमंग्राहितिक्तंदीपनपाचनम्।
कषायंकफपित्तास्रतृड्ज्वरारुचिजन्तुहृत्॥७८॥
अनूपदेशेयज्जातंमुस्तकंतत्प्रशस्यते।
तत्रापिमुनिभिःप्रोक्तंवरंनागरमुस्तकम्॥७९॥

Synonyms: *Striyā, musta, triṣu, vāridanāmaka, kuruvinda, saṁkhyāta, apara* and *krōḍakasēruka.*
***Rasa* (Taste):** *Kaṭu* (pungent), *tikta* (bitter) and *kṣāya* (astringent).
***Vīrya* (Potency):** *Śīta* (cold).

Effect on *Tridoṣa*: Pacifies pitta and *kapha*.
Action: Astringent, appetizer, digestive and anthelmintic.
Therapeutics: Diseases of the blood, thirst, fever, anorexia and worm infestation.
*Mustaka*originating from hydrophytic habitat is the best.

Nāgaramusta-Cyperus scariosus R.Br. (Cyperaceae)

Synonyms: *Bhadramusta* and *gundra.*
***Rasa* (Taste):** *Kaṭu* (pungent), *tikta* (bitter) and *kṣāya* (astringent).
***Vīrya* (Potency):** *Śīta* (cold).
Effect on *Tridoṣa*: Pacifies *pitta* and *kapha*.
Action: Astringent, appetizer, digestive and anthelmintic.
Therapeutics: Diseases of the blood, thirst, fever, anorexia and worm infestation.

2.40:*Karcūra-Curcuma zedoaria* (Christm.) Roscoe (Zingiberaceae)

कर्चूरोवेधमुख्यश्चद्राविडःकल्पकःशटी।
कर्चूरोदीपनोरुच्यःकटुकस्तिक्तएवच।
सुगन्धिःकटुपाकःस्यात्कुष्ठार्शोव्रणकासनुत्।
उष्णोलघुर्हरेच्छ्वासंगुल्मवातकफक्रिमीन्॥८०॥

Synonyms: *Vēdhamukhya, drāviḍa, kalpaka* and *śaṭī.*
***Rasa* (Taste):** *Kaṭu* (pungent) and *tikta* (bitter).
***Guṇa* (Physical property):** *Laghu* (light).
***Vīrya* (Potency):** *Uṣana* (hot).
Vipāka* (Post digestion effect):Kaṭu* (pungent).
Effect on *Tridoṣa*: Pacifies *vāta* and *kapha*.
Action: Aromatic and appetizer.
Therapeutics: Leprosy, hemorrhoids, ulcer, cough, abdominal tumor and worm infestation.

2.41:*Murā*

मुरागन्धकुटीदैत्यासुरभिःशालपर्णिका
मुरातिक्ताहिमास्वाद्वीलघ्वीपित्तानिलापहा ।
ज्वरासृग्भूतरक्षोघ्नीकुष्ठकासविनाशिनी ॥८१॥

Synonyms: *Gandhakuṭī, daityā, surabhi* and *śālaparṇikā.*
***Rasa* (Taste):** *Madhura* (Sweet) and *kaṭu* (pungent).
***Guṇa* (Physical property):** *Laghu* (light).
Effect on *Tridoṣa*: Pacifies *vāta* and *pitta*.
Therapeutics: Diseases of the blood, fever, microbial infections, leprosy and cough.

2.42:*Śaṭī-Hedychium spicatum* Sm. in A.Rees(Zingiberaceae)

शठीपलाशीषड्ग्रन्थासुव्रतागन्धमूलिका ।
गन्धारिकागन्धवधूर्वधूःपृथुपलाशिका ॥८२॥
भवेद्गन्धपलाशीतुकषायाग्राहिणीलघुः ।
तिक्तातीक्ष्णाचकटुकानुष्णास्यमलनाशिनी ।
शोथकासव्रणश्वासशूलसिध्मग्रहापहा ॥८३॥

Synonyms: *Palāśī, ṣaḍgranthā, suvratā, gandhamūlikā, gandhārikā, gandhavadhū, vadhū* and *pṛthupalāśikā.*
***Rasa* (Taste):** *Kaṭu* (pungent), *tikta* (bitter) and *kaṣāyā* (astringent).
***Guṇa* (Physical property):** *Laghu* (light) and *tīkṣṇā*.
***Vīrya* (Potency):** *Uṣana* (hot).
Vipāka* (Post digestion effect):Kaṭu* (pungent).
Therapeutics: Microbial infections, edema, cough, ulcer, asthma, colic and asthma.

2.43.1:*Priyaṅgu-Callicarpa macrophylla* Vahl. (Lamiaceae)

प्रियङ्गुःफलिनीकान्तालताचमहिलाह्वया |
गुन्द्रागन्धफलाश्यामाविष्वक्सेनाङ्गनाप्रिया ||८४||
प्रियङ्गुःशीतलातिक्तातुवरानिलपित्तहृत् |
रक्तातिसारदौर्गन्ध्यस्वेददाहज्वरापहा |
गुल्मतृड्विषमोहघ्नीतद्वद्गन्धप्रियङ्गुका ||८५||
तल्फलंमधुरंरूक्षंकषायंशीतलंगुरु |
विबन्धाध्मानबलकृत्संग्राहिकफपित्तजित् ||८६||

Synonyms: *Phalinī, kāntā, latā, mahilāhvayā, gundrā, gandhaphalā, śyāmā, viṣvaksēnā* and *ṅganāpriyā.*
***Rasa* (Taste):** *Kaṭu* (pungent) and *kaṣāyā*(astringent).
***Guṇa* (Physical property):** *Laghu* (light) and *tīkṣṇā*.
***Vīrya* (Potency):** *Śīta* (cold).
Effect on *Tridoṣa*: Pacifies *vāta* and *pitta*.
Therapeutics: Bloody diarrhea, hyperhidrosis, burning, fever, abdominal tumor, thirst, poisoning and polyuria.

2.43.2:Flower of *Priyangu*

***Rasa* (Taste):** *Kaṭu* (pungent) and *kaṣāyā*(astringent).
***Guṇa* (Physical property):** *Laghu* (light) and *tīkṣṇā*.
***Vīrya* (Potency):** *Śīta* (cold).
Effect on *Tridoṣa*: Pacifies *vāta* and *pitta*.
Therapeutics: Bloody diarrhea, hyperhidrosis, burning, fever, abdominal tumor, thirst, poisoning and polyuria.

2.43.3:Fruit of *Priyangu*

***Rasa* (Taste):** *Kaṭu* (pungent) and *kaṣāyā*(astringent).
***Guṇa* (Physical property):** *Gurū* (heavy) and *rūkṣa* (ununctuous).
***Vīrya* (Potency):** *Śīta* (cold).

Effect on *Tridoṣa*: Pacifies *kapha* and *pitta*.
Action: Astringent and tonic.
Therapeutics: Constipations and tympanites.

2.44:*Harēṇukā -Vitex agnus castus* L. (Verbenaceae)

रेणुकाराजपुत्रीचनन्दिनीकपिलाद्विजा।
भस्मगन्धापाण्डुपुत्रीस्मृताकौन्तीहरेणुका ॥८७॥
रेणुकाकटुकापाकेतिक्तानुष्णाकटुर्लघुः।
पित्तलादीपनीमेध्यापाचनीगर्भपातिनी।
बलासवातकृच्चैवतृट्कण्डूविषदाहनुत् ॥८८॥

Synonyms: *Rēṇukā, rājaputrī, nandinī, kapilā, dvijā, bhasmagandhā, pāṇḍuputrī* and *kauntī*.
***Rasa* (Taste):** *Kaṭu* (pungent) and *tikta* (bitter).
***Guṇa* (Physical property):** *Laghu* (Light).
***Vīrya* (Potency):** *Uṣana* (hot).
Vipāka* (Post digestion effect):Kaṭu* (pungent)
Effect on *Tridoṣa*: Pacifies *vāta* and *kapha* but aggravates *pitta*.
Action: Digestive, abortifacient and nootropic.
Therapeutics: Thirst, pruritis and poisoning.

2.45: *Granthiparṇa-Leonotis nepetifolia* (L) R. Br. (Lamiaceae)

ग्रन्थिपर्णंग्रन्थिकञ्चकाकपुच्छञ्चगुच्छकम्।
नीलपुष्पंसुगन्धञ्चकथितंतैलपर्णकम् ॥८९॥
ग्रन्थिपर्णंतिक्ततीक्ष्णंकटूष्णंदीपनंलघु।
कफवातविषश्वासकण्डूदौर्गन्ध्यनाशनम् ॥९०॥

Synonyms: *Granthika, kākapuccha, gucchaka, nīlapuṣpa, sugandha, kathita* and *tailaparṇaka*.
***Rasa* (Taste):** *Kaṭu* (pungent) and *tikta* (bitter).

Guṇa (Physical property): *Laghu* (light) and *tīkṣṇa*.
Vīrya (Potency): *Uṣana* (hot).
Vipāka (Post digestion effect):*Kaṭu* (pungent).
Effect on *Tridoṣa*: Pacifies *vāta* and *kapha*.
Action: Appetizer and deodorant.
Therapeutics: Poisoning, asthma and pruritis

2.46: *Sthauṇēyaka-Taxus baccata* L. (Taxaceae)

स्थौणेयकंबर्हिबर्हंशुकबर्हञ्चकुक्कुरम् ।
शीर्णरोमशुकञ्चापिशुक्रपुष्पंशुकच्छदम् ॥९१॥
स्थौणेयकंकटुस्वादुतिक्तंस्निग्धंत्रिदोषनुत् ।
मेधाशुक्रकरंरुच्यंरक्षोघ्नंज्वरजन्तुजित् ।
हन्तिकुष्ठास्रतृड्दाहदौर्गन्ध्यतिलकालकान् ॥९२॥

Synonyms: *Barhibarha, śukabarha, kukkura, śīrṇarōma, śukañcāpi, śukrapuṣpa* and *śukacchada.*
Rasa (Taste): *Madhura* (sweet) and *tikta* (bitter).
Guṇa (Physical property): *Laghu* (light) and *snigdha* (unctuous).
Vīrya (Potency): *Uṣana* (hot).
Effect on *Tridoṣa*: Pacifies *vāta*, *pitta* and *kapha*.

Action: Appetizer and deodorant.
Therapeutics: Poisoning, asthma and pruritis

2.47: *Granthiparṇabhēda-Angelica glauca*Edgew.(Apiaceae)

निशाचरोघनहरःकितवोगणहासकः ।
चोरकोमधुरस्तिक्तःकटुःपाकेकटुर्लघुः ।
तीक्ष्णोहृद्योहिमोहन्तिकुष्ठकण्डूकफानिलान् ।
रक्षोऽश्रीस्वेदमेदोऽस्रज्वरगन्धविषव्रणान् ॥९३॥

Synonyms: *Ghanahara, kitava, gaṇahāsaka* and *cōraka*.
***Rasa* (Taste):** *Madhura* (sweet) and *tikta* (bitter).
***Guṇa* (Physical property):** *Laghu* (light) and *tikṣana* (sharp).
***Vīrya* (Potency):** *Śīta* (cold).
Vipāka* (Post digestion effect):Kaṭu* (pungent)
Effect on *Tridoṣa*: Pacifies *vāta* and *kapha*.
Action: Cardiac tonic.
Therapeutics: Leprosy, pruritis, microbial infections, hyperhidrosis, obesity, diseases of the blood, fever, foul smell, poisoning and ulcer.

2.48: *Tālīsapatra-Abies webbiana* (Wall ex Đ. Don) Lindl. (Pinaceae)

तालीसमुक्तंपत्राढ्यंधात्रीपत्रंचतत्स्मृतम् ।
तालीसंलघुतीक्ष्णोष्णंश्वासकासकफानिलान् ।
निहन्त्यरुचिगुल्मामवह्निमांद्यक्षयामयान् ॥९४॥

Synonyms: *Tālīsamukta, patrāḍhya* and *dhātrīpatra*.
***Guṇa* (Physical property):** *Laghu* (light) and *tikṣana* (sharp).

***Vīrya* (Potency):** *Uṣana* (hot).
Effect on *Tridoṣa*: Pacifies *vāta* and *kapha*.
Therapeutics: Anorexia, abdominal tumor, indigestion, loss of appetite and phthisis.

2.49:*Kaṅkōla-Piper cubeba* L.f. (Piperaceae)

कङ्कोलंकोलकंप्रोक्तंतथाकोषफलंस्मृतम् ।
कङ्कोलंलघुतीक्ष्णोष्णंतिक्तंहृद्यंरुचिप्रदम् ।
आस्यदौर्गन्ध्यहृद्रोगकफवातामयान्ध्यहृत् ॥९५॥

Synonyms: *Kōlaka* and *kōṣaphala*.
***Rasa* (Taste):** *Madhura* (sweet) and tikta (bitter).
***Guṇa* (Physical property):** *Laghu* (light) and *tikṣana* (sharp).
***Vīrya* (Potency):** *Uṣana* (hot).

Effect on *Tridoṣa*: Pacifies *vāta* and *kapha*.
Therapeutics: Cardiac diseases and night blindness.

2.50: *Gandhakōkilā - Agnasoma caryophyllata* G. Don.(Apocynaceae)

स्निग्धोष्णाकफहृत्तिक्तासुगन्धागन्धकोकिला |
गन्धकोकिलयातुल्याविज्ञेयागन्धमालती ||९६||

***Rasa* (Taste):** *Kaṭu* (pungent).
***Guṇa* (Physical property):** *Snigdha* (unctuous).
***Vīrya* (Potency):** *Uṣana* (hot).
Effect on *Tridoṣa*: Pacifies *kapha*.
Action: Aromatic.

2.51:*Lāmajjaka-Andropogon jwarancusa* (Jones) Schultes (Poaceae)

लामज्जकंसुनालंस्यादमृणालंलयंलघु |
इष्टकापथकंसेव्यंनलदञ्चावदातकम् ||९७||
लामज्जकंहिमंतिक्तंलघुदोषत्रयास्रजित् |
त्वगामयस्वेदकृच्छ्रदाहपित्तास्ररोगनुत् ||९८||

Synonyms: *Sunāla, syādamṛṇāla, laya, laghu, iṣṭakāpathaka, sēvya* and *naladañcāvadātaka*.
***Rasa* (Taste):** *Kaṭu* (pungent).
***Guṇa* (Physical property):** *Laghu* (light).
***Vīrya* (Potency):** *Śīta* (cold).
Effect on *Tridoṣa*: Pacifies *pitta* and *kapha*.
Therapeutics: Diseases of the blood, hyperhidrosis, dysuria, burning sensation and epistaxis.

2.52:*Ēlavāluka-Prunus cerasus* Linn.(Rosaceae)

एलवालुकमैलेयंसुगन्धिहरिवालुकम् ।
एलवालुकमेलालुकपित्थंपत्रमीरितम् ॥९९॥
एलालुकटुकंपाकेकषायंशीतलंलघु ।
हन्तिकण्डूव्रणच्छर्दितृट्कासारुचिहृद्रुजः ।
बलासविषपित्तास्रकुष्ठमूत्रगदक्रिमीन् ॥१००॥

Synonyms: *Mailēya, sugandhi, harivāluka, mēlālu, kapittha* and *patramīrita.*
***Rasa* (Taste):** *Kaṭu* (pungent).
***Guṇa* (Physical property):** *Laghu* (light).
***Vīrya* (Potency):** *Śīta* (cold).
Effect on *Tridoṣa*: Pacifies *pitta* and *kapha*.
Therapeutics: Pruritis, ulcer, vomiting, thirst, cough, anorexia, heart ailments, diseases of the blood, leprosy, dysuria and worm infestation.

2.53:*Kaivartamusta*

कुटन्नटंदासपुरंबालेयंपरिपेलवम् ।
प्लवगोपुरगोनर्दकैवर्तीमुस्तकानिच ॥१०१॥
मुस्तावत्पेलवपुटंशुक्राभंस्याद्वितुन्नकम् ।
वितुन्नकंहिमंतिक्तंकषायंकटुकान्तिदम् ।
कफपित्तास्रवीसर्पकुष्ठकण्डूविषप्रणुत् ॥१०२॥

Synonyms: *Kuṭannaṭa, dāsapura, bālēya, paripēlava, plava, gōpura* and *gōnarda.*
Description of *KvetriMustaka:* It is similar to *Musta* (*Cyperus rotundus*), small with delicate leaves and white colored.
***Rasa* (Taste):** *Kaṭu* (pungent) and *kṣāya* (astringent).
***Guṇa* (Physical property):** *Laghu* (light).
***Vīrya* (Potency):** *Śīta* (cold).
Effect on *Tridoṣa*: Pacifies *pitta* and *kapha.*
Action: Alterative.
Therapeutics: Pruritis, skin diseases, erysipelas and poisoning.

2.54: *Spṛkkā -Anisomeles malabarica* (L.) R. Br. ex Sims. (Lamiaceae)

स्पृक्काऽसृग्ब्राह्मणीदेवीमरुन्मालालतालघुः ।
समुद्रान्तावधूःकोटिवर्षाऽलङ्कोपिकेत्यपि ॥१०३॥
स्पृक्कास्वाद्वीहिमावृष्यातिक्तानिखिलदोषनुत् ।
कुष्ठकण्डूविषस्वेददाहास्रज्वररक्तहृत् ॥१०४॥

Synonyms: *Asṛg, brāhmaṇī, dēvī, marunmālā, latā, laghu, samudrāntā, vadhū, kōṭivarṣā* and *alaṅkōpikēta*.
***Rasa* (Taste):** *Madhura* (Sweet) and *tikta* (bitter).
***Vīrya* (Potency):** *Śīta* (cold).
Action: Spermopiotic.
Therapeutics: Leprosy, pruritis, poisoning, hyperhidrosis, burning, blood diseases and fever.

2.55:*Parpaṭī-Pogostemon patchouli* Hook. (Lamiaceae)

पर्पटीरञ्जनाकृष्णाजतुकाजननीजनी ।
जतुकृष्णाऽग्निसंस्पर्शाजतुकृच्चक्रवर्तिनी ॥१०५॥
पर्पटीतुवरातिक्ताशिशिरावर्णकृल्लघुः ।
विषव्रणहरीकण्डूकफपित्तास्रकुष्ठनुत् ॥१०६॥

Synonyms: *Rañjanā, kṛṣṇā, jatukā, jananī, janī, jatukṛṣṇa, agnisaṁsparśā* and *jatukṛccakravartinī*.
***Rasa* (Taste):** *Kaṭu* (pungent) and *kṣāya*(astringent).
***Guṇa* (Physical property):** *Laghu* (light).
***Vīrya* (Potency):** *Śīta* (cold).
Effect on *Tridoṣa*: Pacifies *pitta* and *kapha*.
Action: Alterative.
Therapeutics: Poisoning, ulcer, blood diseases and skin diseases.

2.56:*Nalikā-Ipomoea aquatica* Forsk. (Convolvulaceae)

नलिकाविद्रुमलताकपोतचरणानटी।
धमन्यञ्जनकेशीचनिर्मध्यासुषिरानली ॥१०७॥
नलिकाशीतलालघ्वीचक्षुष्याकफपित्तहृत्।
कृच्छ्राश्मवाततृष्णास्रकुष्ठकण्डूज्वरापहा ॥१०८॥

Synonyms: *Vidrumalatā, kapōtacaraṇā, naṭī, dhamanya, añjanakēśī, nirmadhyā, suṣirā* and *nalī.*

***Guṇa* (Physical property):** *Laghu* (light).
***Vīrya* (Potency):** *Śīta* (cold).
Effect on *Tridoṣa*: Pacifies *vāta*, *pitta* and *kapha*.
Therapeutics: Eye diseases, dysuria, calculus, blood diseases, leprosy and fever.

2.57:*Prapauṇḍarīka*

प्रपौण्डरीकंपौण्डर्यंचक्षुष्यंपौण्डरीयकम्।
पौण्डर्यमधुरंतिक्तंकषायंशुक्रलंहिमम्।
चक्षुष्यंमधुरंपाकेवर्ण्यंपित्तकफप्रणुत् ॥१०९॥

Synonyms: *Pauṇḍarya, cakṣuṣya* and *pauṇḍarīyaka.*
***Rasa* (Taste):** *Madhura* (sweet),*kaṭu* (pungent) and *kṣāya*(astringent).
***Guṇa* (Physical property):** *Laghu* (light).
***Vīrya* (Potency):** *Śīta* (cold).
Effect on *Tridoṣa*: Pacifies *pitta* and *kapha*.
Action: Aphrodisiac and alterative.
Therapeutics: Eye diseases.

Chapter 3: Guḍūcyādivarga

3.1: *Guḍūcī-Tinospora cordifolia* (Thunb.) Miers (Menispermaceae)

अथलङ्केश्वरोमानीरावणोराक्षसाधिपः ।
रामपत्नींबलात्सीतांजहारमदनातुरः ॥१॥
ततस्तंबलवान्रामोरिपुंजायापहारिणम् ।
वृतोवानरसैन्येनजघानरणमूर्धनि ॥२॥
हतेतस्मिन्सुरारातौरावणेबलगर्विते ।
देवराजःसहसाक्षःपरितुष्टश्चराघवे ॥३॥
तत्रयेवानराःकेचिद्राक्षसैर्निहतारणे ।
तानिन्द्रोजीवयामाससंसिच्यामृतवृष्टिभिः ॥४॥
ततोयेषुप्रदेशेषुकपिगात्रात्परिच्युताः ।
पीयूषबिन्दवःपेतुस्तेभ्योजातागुडूचिका ॥५॥

Origin: Lord *Rāma* won the battle against *Laṅkā* King, *Rāvaṇa* (who has captured *Sītā*) with help of *vānara*. Lord *Indra* then resulted in rain of nectar. The *vānara,* whom were killed by the demons, were rendered alive by the nectar. The part of the earth which came in contact with nectar falling from *vānara* body resulted in the origin of *amṛtā* or *guḍūcī.*

गुडूचीमधुपर्णीस्यादमृताऽमृतवल्लरी ।
छिन्नाछिन्नरुहाछिन्नोद्भवावत्सादनीतिच ॥६॥
जीवन्तीतन्त्रिकासोमासोमवल्लीचकुण्डली ।
चक्रलक्षणिकाधीराविशल्याचरसायनी ।
चन्द्रहासावयस्थाचमण्डलीदेवनिर्मिता ॥७॥
गुडूचीकटुकातिक्तास्वादुपाकारसायनी ।
संग्राहिणीकषायोष्णालघ्वीबल्याऽग्निदीपनी ।
दोषत्रयामतृड्दाहमेहकासांश्चपाण्डुताम् ॥८॥
कामलाकुष्ठवातास्रज्वरकृमिवमीन्हरेत् ।

प्रमेहश्वासकासार्शःकृच्छ्रहृद्रोगवातनुत् ||९||

Synonyms:*Madhuparṇī, amṛtā, amṛtavallarī, chinnā, chinnaruhā, chinnōdbhavā, vatsādanīti, jīvantī, tantrikā, sōmā, sōmavallī, kuṇḍalī, cakralakṣaṇikā, dhīrā, viśalyā, rasāyanī, candrahāsā, vayasthā, maṇḍalī* and *dēvanirmitā.*
***Rasa* (Taste):** *Kaṭu* (pungent), *tikta* (pungent) and *kṣāya* (astringent).
***Guṇa* (Physical property):** *Laghu* (light).
***Vīrya* (Potency):** *Uṣana* (hot).
***Vipāka* (Post digestion effect):** *Madhura* (sweet).
Effect on *Tridōṣa*: Pacifies *vāta*, *pitta* and *kapha*.
Action (s): Tonic and astringent.
Therapeutics: Indigestion, thirst, polyuria, cough, anemia, jaundice, skin diseases, gout, fever, worm infestation, vomiting, asthma, hemorrhoids, dysuria and heart ailments.

3.2: *Tāmbūlavallī-Piper betle* L. (Piperaceae)

ताम्बूलवल्लीताम्बूलीनागिनीनागवल्लरी |
ताम्बूलंविशदंरुच्यंतीक्ष्णोष्णंतुवरंसरम् |
वश्यंतिक्तंकटुक्षारंरक्तपित्तकरंलघु |
बल्यंश्लेष्मास्यदौर्गन्ध्यमलवातश्रमापहम् ||१०||

Synonyms:*Tāmbūlī, nāginī* and *nāgavallarī.*
***Rasa* (Taste):** *Kaṭu* (pungent), *tikta* (pungent) and *kṣāya* (astringent).
***Guṇa* (Physical property):** *Laghu* (light), *tīkṣana* (sharp) and *viṣada* (viscid).
***Vīrya* (Potency):** *Uṣana* (hot).
Effect on *Tridōṣa*: Pacifies *vāta* and *kapha*.
Action (s): Appetizer, alkaline and tonic.
Therapeutics: Halithosis and debility.
Note: *Tāmbūlavallī* causes epistaxis.

3.3: *Bilva-Aegle marmelos* Corr. (Rutaceae)

बिल्वःशाण्डिल्यशैलूषौमालूरश्रीफलावपि |
श्रीफलस्तुवरस्तिक्तोग्राहीरूक्षोऽग्निपित्तकृत् |

वातश्लेष्महरोबल्योलघुरुष्णश्चपाचनः ||११||

Synonyms:*Śāṇḍilya, śailūṣau, mālūra* and *śrīphala.*
***Rasa* (Taste):** *Tikta* (Bitter) and *kṣāya* (astringent).
***Guṇa* (Physical property):** *Laghu* (light) and *rūkṣa* (ununctuous).
***Vīrya* (Potency):** *Uṣana* (hot).
Effect on *Tridōṣa*: Pacifies *vāta* and *kapha* but aggravates *pitta.*
Action (s): Appetizer, digestive and astringent.

3.4.1: *Gambhārī-Gmelina arborea* Roxb. (Lamiaceae)

गम्भारीभद्रपर्णीचश्रीपर्णीमधुपर्णिका |
काश्मीरीकाश्मरीहीराकाश्मर्यःपीतरोहिणी |
कृष्णवृन्तामधुरसामहाकुसुमिकाऽपिच ||१२||
काश्मरीतुवरातिक्तावीर्योष्णामधुरागुरुः |
दीपनीपाचनीमेध्याभेदिनीभ्रमशोषजित् |
दोषतृष्णामशूलार्शोविषदाहज्वरापहा ||१३||
तत्फलंबृंहणंवृष्यंगुरुकेश्यंरसायनम् |
वातपित्ततृषारक्तक्षयमूत्रविबन्धनुत् ||१४||
स्वादुपाकेहिमंस्निग्धंतुवराम्लंविशुद्धिकृत् |
हन्याद्दाहतृषावातरक्तपित्तक्षतक्षयान् ||१५||

Synonyms:*Bhadraparṇī, śrīparṇī, madhuparṇikā, kāśmīrī, kāśmarī, hīrā, kāśmarya, pītarōhiṇī, kṛṣṇavṛntā, madhurasā* and *mahākusumikā.*
***Rasa* (Taste):** *Madhura* (sweet),*tikta* (bitter) and *kṣāya* (astringent).
***Guṇa* (Physical property):** *Gurū* (heavy).
***Vīrya* (Potency):** *Uṣana* (hot).
Effect on *Tridōṣa*: Pacifies *vāta.*
Action (s): Appetizer, digestive, nootropic and laxative.
Therapeutics: Vertigo, debility, thirst, indigestion, colic, hemorrhoids, poisoning, burning and fever.

3.4.2:Fruit of *Gambhārī*

***Rasa* (Taste):** *Amla* (Sour) and *kṣāya* (astringent).
***Guṇa* (Physical property):** *Gurū* (heavy) and *snigdha* (unctuous).
***Vīrya* (Potency):** *Śīta* (cold).
Vipāka* (Post digestion effect):Madhura* (sweet).
Effect on *Tridōṣa*: Pacifies *vāta* and *pitta*.
Action (s): Anabolic, aphrodisiac and tonic.
Therapeutics: Burning, thirst, epistaxis and phthisis.

3.5.1: *Pātlā-Stereospermum suaveolens* (Roxb.) DC.(Bignoniaceae)

पाटलिःपाटलाऽमोघामधुदूतोफलेरुहा।
कृष्णवृन्ताकुबेराक्षीकालस्थाल्यलिवल्लभा ॥१६॥
ताम्रपुष्पीचकथिताऽपरास्यात्पाटलासिता।
मुष्ककोमोक्षकोघण्टापाटलिःकाष्ठपाटला ॥१७॥
पाटलातुवरातिक्तानुष्णादोषत्रयापहा।
अरुचिश्वासशोथास्रच्छर्दिहिक्कातृषाहरी ॥१८॥
पुष्पंकषायंमधुरंहिमंहृद्यंकफास्रनुत्।
पित्तातिसारहृत्कण्ठ्यंफलंहिक्कास्रपित्तहृत् ॥१९॥

Synonyms:*Pāṭali, pāṭalā, mōghā, madhudūta, phalēruhā, kṛṣṇavṛntā, kubērākṣī, kālasthālyalivallabhā* and *tāmrapuṣpī*.
***Rasa* (Taste):** *Tikta* (bitter) and *kṣāya* (astringent).
***Guṇa* (Physical property):** *Gurū* (heavy).
***Vīrya* (Potency):** *Anuṣana*.
Effect on *Tridōṣa*: Pacifies *vāta*, *pitta* and *kapha*.
Therapeutics: Anorexia, asthma, edema, vomiting, hiccough and thirst.

3.5.2: White variety of *Pātlā*

Synonyms: *Muṣkaka, mōkṣaka, ghaṇṭāpāṭali* and *kāṣṭhapāṭalā*.

3.5.3:Flower of *Pātlā*

***Rasa* (Taste):** *Madhura* (sweet) and *kṣāya* (astringent).
***Guṇa* (Physical property):** *Gurū* (heavy).
***Vīrya* (Potency):** *Śīta* (cold).
Effect on *Tridōṣa*: Pacifies *kapha*.
Therapeutics: Bilious diarrhea and throat diseases.

3.5.4:Fruit of *Patla*

Therapeutics: Hiccough and epistaxis.

3.6: *Agnimantha-Premna integrifolia* L. (Verbenaceae)

अग्निमन्थोजयःसस्याच्छ्रीपर्णीगणिकारिका।
जयाजयन्तीतर्कारीनादेयीवैजयन्तिका ॥२०॥
अग्निमन्थःश्वयथुनुद्वीर्योष्णःकफवातहृत्।
पाण्डुनुत्कटुकस्तिक्तस्तुवरोमधुरोऽग्निदः ॥२१॥

Synonyms:*Jaya, syācchrīparṇī, gaṇikārikā, jayā, jayantī, tarkārī, nādēyī* and *vaijayantikā.*
Rasa* (Taste):Madhura* (sweet), *kaṭu* (pungent), *tikta* (bitter) and *kṣāya* (astringent).
***Vīrya* (Potency):** *Uṣana* (hot).
Effect on *Tridōṣa*: Pacifies *vāta*, *pitta* and *kapha*.
Action: Appetizer.
Therapeutics: Edema and anemia.

3.7.1: *Śyōnāka-Oroxylum indicum* (L.) Benth. ex Kurz (Bignoniaceae)

श्योनाकःशोषणश्चस्यान्नटकट्वङ्गटुण्टुकाः।
मण्डूकपर्णपत्रोर्णशुकनासकुटन्नटाः।
दीर्घवृन्तोऽरलुश्चापिपृथुशिम्बःकटम्भरः ॥२२॥

श्योनाकोदीपनःपाकेकटुकस्तुवरोहिमः।
ग्राहीतिक्तोऽनिलश्लेष्मपित्तकासप्रणाशनः ॥२३॥
टुण्टुकस्यफलंबालंरूक्षंवातकफापहम्।
हृद्यंकषायंमधुरंरोचनंलघुदीपनम्।
गुल्मार्शःकृमिहृत्प्रौढंगुरुवातप्रकोपणम् ॥२४॥

Synonyms:*Śōṣaṇa, ṭakaṭvaṅga, ṭuṇṭukā, maṇḍūkaparṇa, patrōrṇa, śukanāsa, kuṭannaṭā, dīrghavṛnta, aralu, pṛthuśimba* and *kaṭambhara.*

Rasa* (Taste):Tikta* (Bitter) and *kṣāya* (astringent).
***Vīrya* (Potency):** *Śīta* (cold).
Vipāka* (Post digestion effect):Kaṭu* (pungent).
Effect on *Tridōṣa*: Pacifies *vāta*, *pitta* and *kapha*.
Action: Appetizer and astringent.
Therapeutics: Cough.

3.7.2:Unripe fruit of *Śyōnāka*

Rasa* (Taste):Madhura* (Sweet) and *kṣāya* (astringent).
***Guṇa* (Physical property):** *Laghu* (light) and *rūkṣa* (ununctuous).
Effect on *Tridōṣa*: Pacifies *vāta* and *kapha*.
Action: Appetizer and cardiac tonic.
Therapeutics: Cough.

3.7.3: Ripe fruit of *Śyōnāka*

Effect on *Tridōṣa*: Aggravates *vāta*.
Therapeutics: Abdominal tumor, hemorrhoids and cough.

3.8: *Bṛhatpañcamūla*

श्रीफलःसर्वतोभद्रापाटलागणिकारिका।
श्योनाकःपञ्चभिश्चैतैःपञ्चमूलंमहन्मतम् ॥२५॥
पञ्चमूलंमहत्तिक्तंकषायंकफवातनुत्।

मधुरंश्वासकासघ्नमुष्णंलघ्वग्निदीपनम् ||२६||

Ingredients: *Bilva* (*Aeglemarmelos*), *Gambhārī* (*Gmelinaarborea*), *Pāṭalā* (*Stereospermum suaveolens*), *Agnimantha* (*Premna integrifolia*) and *Śyōnāka* (*Oroxylum indicum*).
Rasa* (Taste):Madhura* (Sweet), *tikta* (bitter) and *kṣāya* (astringent).
***Guṇa* (Physical property):** *Laghu* (light).
***Vīrya* (Potency):** *Uṣana* (hot).
Effect on *Tridōṣa*: Pacifies *vāta* and *kapha*.
Action: Appetizer.
Therapeutics: Asthma and cough.

3.9: *Śāliparṇī-Desmodium gangeticum* (L.) DC. (Fabaceae)

शालिपर्णीस्थिरासौम्यात्रिपर्णीपीवरीगुहा |
विदारिगन्धादीर्घाङ्गीदीर्घपत्रांशुमत्यपि ||२७||
शालिपर्णीगुरुश्छर्दिज्वरश्वासातिसारजित् |
शोषदोषत्रयहरीबृंहण्युक्तारसायनी |
तिक्ताविषहरीस्वादुःक्षतकासकृमिप्रणुत् ||२८||

Synonyms:*Sthirā, saumyā, triparṇī, pīvarī, guhā vidārigandhā, dīrghāṅgī, dīrghapatrā and aṁśumatī.*
Rasa* (Taste):Madhura* (sweet) and *tikta* (bitter).
***Guṇa* (Physical property):** *Gurū* (heavy).
Effect on *Tridōṣa*: Pacifies *vāta*, *pitta* and *kapha*.
Action: Anabolic and tonic.
Therapeutics: Vomiting, fever, asthma, diarrhea, consumption, poisoning, cough and worm infestation.

3.10: *Pṛṣṭhiparṇī-Uraria picta* (Jacq.) Desv. ex DC. (Fabaceae)

पृष्ठिपर्णीपृथक्पर्णीचित्रपर्ण्यहिपर्ण्यपि |

क्रोष्टुविन्नासिंहपुच्छीकलशीधावनिर्गुहा ॥२९॥
पृष्ठिपर्णीत्रिदोषघ्नीवृष्योष्णामधुरासरा।
हन्तिदाहज्वरश्वासरक्तातीसारतृड्वमीः ॥३०॥

Synonyms:*Pṛthakparṇī, citraparṇī, hiparṇī, krōṣṭuvinnā, siṁhapucchī, kalaśī* and *dhāvanirguhā*.
Rasa* (Taste):Madhura* (sweet).
***Guṇa* (Physical property):** *Gurū* (heavy).
***Vīrya* (Potency):** *Uṣana* (hot).
Effect on *Tridōṣa*: Pacifies *vāta*, *pitta* and *kapha*.
Action: Astringent and aphrodisiac.
Therapeutics: Burning, fever, asthma, bloody diarrhea, thirst and vomiting.

3.11: *Bṛhatī-Solanum indicum* L. (Solanaceae)

वार्ताकीक्षुद्रभण्टाकीमहतीबृहतीकुली।
हिङ्गुलीराष्ट्रिकासिंहीमहोष्ट्रीदुष्प्रधर्षिणी ॥३१॥
बृहतीग्राहिणीहृद्यापाचनीकफवातहृत्।
कटुतिक्तास्यवैरस्यमलारोचकनाशिनी।
उष्णाकटुज्वरश्वासशूलकासाग्निमान्द्यजित् ॥३२॥

Synonyms:*Kṣudrabhaṇṭākī, mahatī, bṛhatī, kulī, hiṅgulī, rāṣṭrikā, siṁhī, mahōṣṭrī* and *duṣpradharṣiṇī*.
Rasa* (Taste):Kaṭu* (pungent) and *tikta* (bitter).
***Guṇa* (Physical property):** *Gurū* (heavy).
***Vīrya* (Potency):** *Uṣana* (hot).
Effect on *Tridōṣa*: Pacifies *vāta* and *kapha*.
Action: Astringent and digestive.
Therapeutics: Anorexia, skin diseases, fever, asthma, colic, cough and dyspepsia.

3.12.1: *Kaṇṭakārī –Solanum xanthocarpum* Schrad. (Solanaceae)

कण्टकारीतुदुःस्पर्शाक्षुद्राव्याघ्रीनिदिग्धिका।

कण्टालिकाकण्टकिनीधावनीबृहतीतथा ||३३||
क्षुद्रायाक्षुद्रभद्राख्याबृहतीतिनिगद्यते |
श्वेताक्षुद्राचन्द्रहासालक्ष्मणाक्षेत्रदूतिका |
गर्भदाचन्द्रमाचन्द्रीचन्द्रपुष्पाप्रियङ्करी ||३४||
कण्टकारीगुण-कण्टकारीसरातिक्ताकटुकादीपनीलघुः |
रूक्षोष्णापाचनीकासश्वासज्वरकफानिलान् ||३५||
निहन्तिपीनसंश्वासपार्श्वपीडाहृदामयान् |
तयोःफलंकटुरसेपाकेचकटुकंभवेत् |
शुक्रस्यरेचनंभेदितिक्तंपित्ताग्निकृल्लघु ||३६||
हन्यात्कफमरुत्कण्डूकासमेदकृमिज्वरान् |
तद्वत्प्रोक्तासिताक्षुद्राविशेषाद्गर्भकारिणी ||३७||

Synonyms:*Duḥsparśā, kṣudrā, vyāghrī, nidigdhikā, kaṇṭālikā, kaṇṭakinī, dhāvanī, bṛhatī, kṣudrā, kṣudrabhadrākhyā* and *bṛhatī.*
Rasa* (Taste):Kaṭu* (pungent) and *tikta* (bitter).
***Guṇa* (Physical property):** *Laghu* (light) and *rūkṣa* (ununctuous).
***Vīrya* (Potency):** *Uṣana* (hot).
Effect on *Tridōṣa*: Pacifies *vāta* and *kapha.*
Action: Appetizer and digestive.
Therapeutics: Cough, asthma, fever, coryza, pleurisy, worm infestation and heart ailments.

3.12.2: The white variety of *Kaṇṭakārī- Solanum ferox* L. (Solanaceae)

Synonyms:*Kṣudrā, candrahāsā, lakṣmaṇā, kṣētradūtikā, garbhadā, candramā, candrī, candrapuṣpā* and *priyaṅkarī.*
Rasa* (Taste):Kaṭu* (pungent) and *tikta* (bitter).
***Guṇa* (Physical property):** *Laghu* (light) and *rūkṣa* (ununctuous).
***Vīrya* (Potency):** *Uṣana* (hot).
Effect on *Tridōṣa*: Pacifies *vāta* and *kapha.*
Action: Appetizer and digestive.
Therapeutics: Cough, asthma, fever, coryza, pleurisy, worm infestation and heart ailments. The white variety of *Kaṇṭakārī* especially helps in conception.

3.12.3: Fruit of *Kaṇṭakārī* and White variety of *Kaṇṭakārī*

Rasa* (Taste):Kaṭu* (Pungent) and *tikta* (bitter).
***Guṇa* (Physical property):** *Laghu* (light).
***Vipāka* (Post digestion effect):** *Kaṭu*(pungent).
Effect on *Tridōṣa*: Pacifies *vāta* and *kapha* however aggravates *pitta*.
Action: Laxative and digestive.
Therapeutics: Pruritis, cough, obesity, worm infestation and fever.

3.13: *Gōkṣura-Tribulus terrestris* L. (Zygophyllaceae)

गोक्षुरःक्षुरकोऽपिस्यात्त्रिकण्टःस्वादुकण्टकः ।
गोकण्टकोगोक्षुरकोवनशृङ्गाटइत्यपि ।
पलङ्कषाश्वदंष्ट्राचतथास्यादिक्षुगन्धिका ॥३८॥
गोक्षुरःशीतलःस्वादुर्बलकृद्बस्तिशोधनः ।
मधुरोदीपनोवृष्यःपुष्टिदश्चाश्मरीहरः ।
प्रमेहश्वासकासार्शःकृच्छ्रहृद्रोगवातनुत् ॥३९॥

Synonyms:*Kṣuraka, trikaṇṭa, svādukaṇṭaka, gōkaṇṭaka, gōkṣuraka, vanaśṛṅgāṭa, palaṅkaṣā, śvadaṁṣṭrā* and *ikṣugandhikā*.
Rasa* (Taste):Madhura* (sweet).
***Guṇa* (Physical property):** *Laghu* (light) and *rūkṣa* (ununctuous).
***Vīrya* (Potency):** *Śīta* (cold).
Effect on *Tridōṣa*: Pacifies *vāta*.
Action: Appetizer, aphrodisiac and tonic.
Therapeutics: Calculus, polyuria, asthmas, cough, hemorrhoids, dysuria and heart ailments.

3.14: *Laghupañcamūla*

शालिपर्णीपृष्ठिपर्णीवार्त्ताकीकण्टकारिका ।
गोक्षुरःपञ्चभिश्चैतैःकनिष्ठंपञ्चमूलकम् ॥४०॥

पञ्चमूलंलघुस्वादुबल्यंपित्तानिलापहम् |
नात्युष्णंबृंहणंग्राहिज्वरश्वासाश्मरीप्रणुत् ||४१||

Ingredients: *Śāliparṇī, pṛṣṭhiparṇī, vārttākī, kaṇṭakārikā* and *gōkṣura*.
Rasa* (Taste):Madhura* (sweet).
***Guṇa* (Physical property):** *Laghu* (light).
***Vīrya* (Potency):** *Uṣana* (hot).
Effect on *Tridōṣa*: Pacifies *vāta* and *pitta*.
Action: Anabolic and astringent.
Therapeutics: Fever, asthma and calculus.

3.15: *Daśamūla*

उभाभ्यांपञ्चमूलाभ्यांदशमूलमुदाहृतम् |
दशमूलंत्रिदोषघ्नंश्वासकासशिरोरुजः |
तन्द्राशोथज्वरानाहपार्श्वपीडारुचीर्हरेत् ||४२||

Ingredients: *Bilva,gambhārī, pāṭalā, agnimantha,śyōnāka, śāliparṇī, pṛṣṭhiparṇī, vārttākī, kaṇṭakārikā* and *gōkṣura*.
Effect on *Tridōṣa*: Pacifies *vāta*, *pitta* and *kapha*.
Therapeutics: Asthma, cough, headache, lethargy, edema, fever, tympanites, pleurisy and anorexia and calculus.

3.16: *Jīvantī-Leptadenia reticulata* (Retz.) Wight & Arn. (Apocynaceae)

जीवन्तीजीवनीजीवाजीवनीयामधुस्रवा |
मङ्गल्यनामधेयाचशाकश्रेष्ठापयस्विनी ||४३||
जीवन्तीशीतलास्वादुःस्निग्धादोषत्रयापहा |
रसायनीबलकरीचक्षुष्याग्राहिणीलघुः ||४४||

Jīvantī is a twining plant and has flowers with agreeable taste.

Synonyms:*Jīvanī, jīvā, jīvanīyā, madhusravā, maṅgalya, nāmadhēyā, śākaśrēṣṭhā* and *payasvinī*.
Rasa* (Taste):Madhura* (sweet).
***Guṇa* (Physical property):** *Laghu* (light) and *snigdha* (unctuous).
***Vīrya* (Potency):** *Śīta* (cold).
Effect on *Tridōṣa*: Pacifies *vāta*, *pitta* and *kapha*.
Action: Tonic and astringent.
Therapeutics: Eye ailments.

3.17: *Mudgaparṇī-Phaseolus trilobatus* (L.) Schreb (Fabaceae)

मुद्गपर्णीकाकपर्णीसूर्यपर्ण्यल्पिकासहा।
काकमुद्गाचसाप्रोक्तातथामार्जारगन्धिका ॥४५॥
मुद्गपर्णीहिमारूक्षातिक्तास्वादुश्चशुक्रला।
चक्षुष्याक्षतशोथघ्नीग्राहिणीज्वरदाहनुत्।
दोषत्रयहरीलघ्वीग्रहण्यर्शोऽतिसारजित् ॥४६॥

Synonyms:*Kākaparṇī, sūryaparṇī, alpikā, sahā, kākamudgā* and *mārjāragandhikā*.
Rasa* (Taste):Tikta* (bitter) and *madhura* (sweet).
***Guṇa* (Physical property):** *Laghu* (light) and *snigdha* (unctuous).
***Vīrya* (Potency):** *Śīta* (cold).
Effect on *Tridōṣa*: Pacifies *vāta*, *pitta* and *kapha*.
Action: Spemopiotic and astringent.
Therapeutics: Eye diseases, edema, fever, burning, malabsorption, hemorrhoids and diarrhea.

3.18: *Māṣaparṇī-Termanus labialis* L. (Fabaceae)

माषपर्णीसूर्यपर्णीकाम्बोजीहयपुच्छिका।
पाण्डुलोमशपर्णीचकृष्णवृन्तामहासहा ॥४७॥
माषपर्णीहिमातिक्तारूक्षाशुक्रबलास्रकृत्।
मधुराग्राहिणीशोथवातपित्तज्वरास्रजित् ॥४८॥

Synonyms:*Sūryaparṇī, kāmbōjī, hayapucchikā, pāṇḍu, lōmaśaparṇī, kṛṣṇavṛntā* and *mahāsahā.*
Rasa* (Taste):Tikta* (bitter) and *madhura* (sweet).
***Guṇa* (Physical property):** *Laghu* (light)
***Vīrya* (Potency):** *Śīta* (cold).
Effect on *Tridōṣa*: Pacifies *vāta* and *pitta* but aggravates *kapha.*
Action: Spemopiotic and astringent.
Therapeutics: Edema, fever and diseases of the blood.

3.19: *Jīvanīyagaṇa*

अष्टवर्गःसयष्टीकोजीवन्तीमुद्‌गपर्णिका।
माषपर्णीगणोऽयंतुजीवनीयइतिस्मृतः ॥४९॥
जीवनोमधुरश्चापिनाम्नासपरिकीर्तितः।
जीवनीयगणःप्रोक्तःशुक्रकृद्‌बृंहणोहिमः ॥५०॥
गुरुर्गर्भप्रदःस्तन्यःकफकृत्पित्तरक्तहृत्।
तृष्णांशोषंज्वरंदाहंरक्तपित्तंव्यपोहति ॥५१॥

Synonyms: *Jīvanagaṇa* and *madhuragaṇa.*
Ingredients: *Aṣṭavarga, yaṣṭīka, jīvantī, mudgaparṇikā* and *māṣaparṇī.*
Rasa* (Taste):Tikta* (bitter) and *madhura* (sweet).
***Guṇa* (Physical property):** *Gurū* (heavy).
***Vīrya* (Potency):** *Śīta* (cold).
Effect on *Tridōṣa*: Pacifies *pitta* but aggravates *kapha.*
Action: Spemopiotic, galacatagouge and anabolic.
Therapeutics: Infertility, failing lactation, blood diseases, thirst, fever, burning and epistaxis.

3.20.1: *Ēraṇḍa-Ricinus communis* L. (Euphorbiaceae)

शुक्लएरण्डआमण्डश्चित्रोगन्धर्वहस्तकः।
पञ्चाङ्‌गुलोवर्धमानोदीर्घदण्डोऽप्यदण्डकः।
वातारिस्तरुणश्चापिरुबूकश्चनिगद्‌यते ॥५२॥
रक्तोऽपरोरुबूकःस्यादुरुबूकोरुबुस्तथा।

व्याघ्रपुच्छश्चवातारिश्चञ्चुरुत्तानपत्रकः ||५३||
एरण्डयुग्मंमधुरमुष्णंगुरुविनाशयेत् |
शूलशोथकटीबस्तिशिरःपीडोदरज्वरान् ||५४||
ब्रध्नश्वासकफानाहकासकुष्ठाममारुतान् |
एरण्डपत्रंवातघ्नंकफक्रिमिविनाशनम् ||५५||
मूत्रकृच्छ्रहरंचापिपित्तरक्तप्रकोपणम् |
ञातार्यग्रदलंगुल्मंबस्तिशूलहरंपरम् ||५६||
कफवातकृमीन्हन्तिवृद्धिंसप्तविधामपि |
एरण्डफलमत्युष्णंगुल्मशूलाःनिलापहम् ||५७||
यकृत्प्लीहोदरार्शोघ्नंकटुकंदीपनंपरम् |
तद्वन्मज्जाचविड्भेदीवातश्लेष्मोदरापहः ||५८||

Synonyms:*Śukla ēraṇḍa, āmaṇḍa, citra, gandharvahastaka, pañcāṅgula, vardhamāna, dīrghadaṇḍa, apyadaṇḍaka, vātāri, taruṇa* and *rubūka*.
Rasa* (Taste):Madhura* (sweet).
***Guṇa* (Physical property):** *Gurū* (heavy).
***Vīrya* (Potency):** *Uṣana* (hot).
Effect on *Tridōṣa*: Pacifies *kapha*.
Action: Spemopiotic and astringent.
Therapeutics: Colic, edema, lumbago, headache, abdominal diseases, fever, hernia, asthma, flatulence, cough and rheumatism.

3.20.2: *Raktairaṇḍa-Cyathula prostrata* L. (Euphorbiaceae)

Synonyms:*Rubūka, rubūka, rubu, vyāghrapuccha, vātāri, cañcu* and *uttānapatraka*.
Rasa* (Taste):Madhura* (sweet).
***Guṇa* (Physical property):** *Gurū* (heavy).
***Vīrya* (Potency):** *Uṣana* (hot).
Effect on *Tridōṣa*: Pacifies *kapha*.
Action: Spemopiotic and astringent.
Therapeutics: Colic, edema, lumbago, headache, abdominal diseases, fever, hernia, asthma, flatulence, cough and rheumatism.

3.20.3: Leaves of *Ēraṇḍa*

Effect on *Tridōṣa*: Pacifies *vāta* and *vāta* but aggravates *pitta* and blood.
Therapeutics: Worm infestation and dysuria.

3.20.4: Tender leaves of *Ēraṇḍa*

***Vīrya* (Potency):** *Uṣana* (hot).
Effect on *Tridōṣa*: Pacifies *vāta* and *kapha*.
Therapeutics: Abdominal tumor, ureteric colic, worm infestation and hernia.

3.20.5: Fruit of *Ēraṇḍa*

Rasa* (Taste):Kaṭu* (pungent).
Effect on *Tridōṣa*: Pacifies *vāta*.
Action: Appetizer.
Therapeutics: Abdominal tumor, colic, liver aliments, spleen aliments, abdominal diseases and hemorrhoids.

3.20.6: Epicarp of *Ēraṇḍa*

Rasa* (Taste):Kaṭu* (pungent).
Effect on *Tridōṣa*: Pacifies *vāta* and *kapha*.
Action: Appetizer and laxative.
Therapeutics: Abdominal tumor, colic, liver aliments, spleen aliments, abdominal diseases and hemorrhoids.

3.21.1: *Alarka-Calotropis gigantea* (L.) Dryand.(Apocynaceae)

अलर्कोगणरूपःस्यान्मन्दारोवसुकोऽपिच।
श्वेतपुष्पःसदापुष्पःसबालार्कःप्रतीयसः ॥५९॥
रक्तोऽपरोऽर्कनामास्यादर्कपर्णोविकीरणः।
रक्तपुष्पःशुक्लफलस्तथास्फोटःप्रकीर्तितः ॥६०॥

अर्कद्वयंसरंवातकुष्ठकण्डूविषव्रणान् |
निहन्तिप्लीहगुल्मार्शःश्लेष्मोदरशकृत्कृमीन् ||६१||
अलर्ककुसुमंवृष्यंलघुदीपनपाचनम् |
अरोचकप्रसेकार्शःकासश्वासनिवारणम् ||६२||
रक्तार्कपुष्पंमधुरंसतिक्तंकुष्ठक्रिमिघ्नंकफनाशनंच |
अर्शोविषंहन्तिचरक्तपित्तंसंग्राहिगुल्मेश्वयथौहितंतत् ||६३||
क्षीरमर्कस्यतिक्तोष्णंस्निग्धंसलवणंलघु |
कुष्ठगुम्लोदरहरंश्रेष्ठमेतद्विरेचनम् ||६४||

Synonyms: *Gaṇarūpa, syānmandāra, vasuka, śvētapuṣpa, sadāpuṣpa, sabālārka* and *pratīyasa.*
Rasa* (Taste):Madhura* (sweet) and *tikta* (bitter).
***Guṇa* (Physical property):** *Gurū* (heavy).
***Vīrya* (Potency):** *Uṣana* (hot).
Effect on *Tridōṣa*: Pacifies *vāta* and *kapha*.
Action: Laxative.
Therapeutics: Skin diseases, pruritis, poisoning, ulcer, spleen diseases, hemorrhoids, abdominal diseases and worm infestation.

3.22.2: *Arka-Calotropis procera* (Aiton) W.T.Aiton (Apocynaceae)

Synonyms:*Arkaparṇa, vikīraṇa, raktapuṣpa, śuklaphala* and *sphōṭa*.
Rasa* (Taste):Madhura* (sweet) and *tikta* (bitter).
***Guṇa* (Physical property):** *Gurū* (heavy).
***Vīrya* (Potency):** *Uṣana* (hot).
Effect on *Tridōṣa*: Pacifies *vāta* and *kapha*.
Action: Laxative.
Therapeutics: Skin diseases, pruritis, poisoning, ulcer, spleen diseases, hemorrhoids, abdominal diseases and worm infestation.

3.22.3: Flower of *Alarka*

Action: Aphrodisiac, appetizer and digestive.
Therapeutics: Anorexia, salivation, hemorrhoids, cough and asthma.

3.22.4: Flower of *Arka*

Rasa* (Taste):Madhura* (sweet) and *tikta* (*bitter*).
Effect on *Tridōṣa*: Pacifies *kapha*.
Action: Astringent, appetizer and digestive.
Therapeutics: Abdominal tumor, edema, skin diseases, hemorrhoids, poisoning and epistaxis.

3.22.5: Latex (milky exudate) of *Akra*

Rasa* (Taste):Tikta* (bitter) and *lavaṇa* (saline).
***Guṇa* (Physical property):** *Laghu* (light) and *snigdha* (unctuous).
***Vīrya* (Potency):** *Uṣana* (hot).
Therapeutics: Skin diseases, abdominal tumor and abdominal diseases.

3.23.1: *Snuhī-Euphorbia neriifolia* L.(Euphorbiaceae)

सेहुण्डःसिंहतुण्डःस्याद्वज्रीवज्रद्रुमोऽपिच।
सुधासमन्तदुग्धाचस्नुक्स्त्रियांस्यात्स्नुहीगुडा ॥६५॥
सीहुण्डोरेचनस्तीक्ष्णोदीपनःकटुकोगुरुः।
शूलमष्ठीलिकाध्मानकफगुल्मोदरानिलान् ॥६६॥
उन्मादमोहकुष्ठार्शःशोथमेदोऽश्मपाण्डुताः।
व्रणशोथज्वरप्लीहविषदूषीविषंहरेत् ॥६७॥
उष्णवीर्यस्नुहीक्षीरंस्निग्धञ्चकटुकंलघु।
गुल्मिनांकुष्ठिनाञ्चापितथैवोदररोगिणाम्।
हितमेतद्विरेकार्थंयेचान्येदीर्घरोगिणः ॥६८॥

Synonyms:*Sēhuṇḍa, simhatuṇḍa, syādvajrī, vajradruma, sudhā, samantadugdhā, snuk, striyā, syātsnuhī* and *guḍā.*
Rasa* (Taste):Kaṭu* (pungent).
***Guṇa* (Physical property):** *Gurū* (heavy) and *tīkṣana* (sharp).
***Vīrya* (Potency):** *Uṣana* (hot).
Effect on *Tridōṣa*: Pacifies *vāta* and *kapha*.
Action: Appetizer and purgative.

Therapeutics: Colic, indigestion, renal calculus, tympanites, abdominal tumor caused by *kapha*, abdominal diseases, insanity, apoplexy, skin diseases, hemorrhoids, edema, obesity, calculus, anemia, abscess, fever, spleen diseases, poisoning and cumulative poisoning.

3.23.2: Latex (milky exudates) of *Snuhī*

Rasa* (Taste):Kaṭu* (pungent).
***Guṇa* (Physical property):** *Laghu* (light) and *snigdha* (unctuous).
***Vīrya* (Potency):** *Uṣana* (hot).
Effect on *Tridōṣa*: Pacifies *vāta* and *kapha*.
Action: Appetizer and purgative.
Therapeutics: Abdominal tumor, skin diseases and abdominal diseases.

3.24:*Sēhuṇḍabhēda-Euphorbia tirucalli* L.(Euphorbiaceae)

शातलासप्तलासाराविमलाविदुलाचसा |
तथानिगदिताभूरिफेनाचर्मकषेत्यपि ||६९||
शातलाकटुकापाकेवातलाशीतलालघुः |
तिक्ताशोथकफानाहपित्तोदावर्तरक्तजित् ||७०||

Synonyms:*Sātalā, saptalā, sārā, vimalā, vidulā, nigaditā, bhūriphēnā* and *carmaka*.
Rasa* (Taste):Tikta* (Bitter).
***Guṇa* (Physical property):** *Laghu* (light) and *tīkṣana* (sharp).
***Vīrya* (Potency):** *Śīta* (cold).
Vipāka* (Post digestion effect):Kaṭu* (pungent).
Effect on *Tridōṣa*: Pacifies *pitta* but aggravates *vāta*.
Therapeutics: Edema, flatulence, tympanites and vitiation of blood.

3.25: *Lāṅgalī -Gloriosa superba* L. (Colchicaceae)

कलिहारीतुहलिनीलाङ्गलीशक्रपुष्प्यपि |
विशल्याग्निशिखानन्तावह्निवक्त्राचगर्भनुत् ||७१||

कलिहारीसराकुष्ठशोफार्शोव्रणशूलजित् ।
सक्षाराश्लेष्मजित्तिक्ताकटुकातुवरापिच ।
तीक्ष्णोष्णाकृमिहृल्लघ्वीपित्तलागर्भपातिनी ॥७२॥

Synonyms:*Kalihārī, halinī, lāṅgalī, śakrapuṣpyapi, viśalyāgni, śikhānantā, vahnivaktrā* and *garbhanut.*
Rasa* (Taste):Kaṭu*(pungent), *tikta* (bitter) and *kṣāya* (astringent).
***Guṇa* (Physical property):** *Laghu* (light) and *tīkṣana* (sharp).
***Vīrya* (Potency):** *Śīta* (cold).
Vipāka* (Post digestion effect):Kaṭu* (pungent).
Effect on *Tridōṣa*: Pacifies *kapha* but aggravates *pitta*.
Action: Alkaline and Purgative.
Therapeutics: Skin diseases, edema, hemorrhoids, ulcer, colic, worm infestation and abortifacient (ecbolic).

3.26:1: *Karavīra-Nerium odorum* L. (Apocynaceae)

करवीरःश्वेतपुष्पःशतकुम्भोऽश्वमारकः ।
द्वितीयोरक्तपुष्पश्चचण्डातोलगुडस्तथा ॥७३॥
करवीरद्वयंतिक्तंकषायंकटुकञ्चतत् ।
व्रणलाघवकृन्नेत्रकोपकुष्ठव्रणापहम् ।
वीर्योष्णंकृमिकण्डूघ्नंभक्षितंविषवन्मतम् ॥७४॥

Synonyms: *Śvētapuṣpa, śatakumbha* and *aśvamāraka.*
Rasa* (Taste):Kaṭu*(pungent), *tikta* (bitter) and *kṣāya* (astringent).
***Vīrya* (Potency):** *Uṣana* (hot).
Therapeutics: Eye diseases, skin diseases, ulcer, worm infestation and pruritis.

3.26:2: *Raktakaravīra-Thevetia neriifolia* Juss. ex A.DC. (Apocynaceae)

Synonyms:*Raktapuṣpa, caṇḍāta* and *laguḍasta.*
Rasa* (Taste):Kaṭu*(pungent), *tikta* (bitter) and *kṣāya* (astringent).

***Vīrya* (Potency):** *Uṣana* (hot).
Therapeutics: Eye diseases, skin diseases, ulcer, worm infestation and pruritis.
Note: Both the varieties are highly poisonous.

3.27: *Dhattūra-Datura stramonium* L. (Solanaceae)

धत्तूरधूर्तधुत्तूराउन्मत्तःकनकाह्वयः।
देवताकितवस्तूरीमहामोहीशिवप्रियः।
मातुलोमदनश्चास्यफलेमातुलपुत्रकः ॥७५॥
धत्तूरोमदवर्णाग्निवातकृजवरकुष्ठनुत्।
कषायोमधुरस्तिक्तोयूकालिक्षाविनाशकः।
उष्णोगुरुर्व्रणश्लेष्मकण्डूकृमिविषापहः ॥७६॥

Synonyms:*Dhūrta, dhuttūrā, unmatta, kanakāhvaya, dēvatā, kitavastūrī, mahāmōhī, śivapriya, mātula, madana, phala* and *mātulaputraka*.
Rasa* (Taste):Madhura* (sweet), *tikta* (bitter) and *kṣāya*(astrirgent).
***Guṇa* (Physical property):** *Gurū* (heavy) and *tīkṣana* (sharp).
***Vīrya* (Potency):** *Śīta* (cold).
Effect on *Tridōṣa*: Pacifies *kapha* but aggravates *vāta*.
Action: Appetizer, alterative and narcotic.
Therapeutics: Fever, skin diseases, pediculosis, ulcer, pruritis, worm infestation and poisoning.

3.28: *Āṭarūṣa-Adhatoda vasica* Nees. (Acanthaceae)

वासकोवाशिकावासाभिषङ्माताचसिंहिका।
सिंहास्योवाजिदन्तास्यादाटरूषोऽटरूषकः।
आटरूषोवृषस्ताम्रःसिंहपर्णश्चससमृतः ॥७७॥
वासकोवातकृत्स्वर्यःकफपित्तास्रनाशनः।
तिक्तस्तुवरकोहृद्योलघुशीतस्तृडर्तिहृत्।
श्वासकासज्वरच्छर्दिमेहकुष्ठक्षयापहः ॥७८॥

Synonyms:*Vāsaka, vāśikā, vāsā, bhiṣaṅmātā, siṁhikā, siṁhāsya, vājidantā, syādāṭarūṣa, aṭarūṣaka, āṭarūṣa, vṛṣastāmra* and *siṁhaparṇa.*
Rasa* (Taste):Tikta* (bitter) and *kṣāya*(astringent).
***Guṇa* (Physical property):** *Laghu* (light) and *tīkṣana* (sharp).
***Vīrya* (Potency):** *Śīta* (cold).
Effect on *Tridōṣa*: Pacifies *pitta* and *kapha* but aggravates *vāta*.
Action: Cardiac tonic.
Therapeutics: Hoarseness of the voice, epistaxis, thirst, asthma, cough, asthma, vomiting, polyuria, skin diseases and phthisis.

3.29: *Parpaṭaka-Fumaria officinalis* L. (Fumariaceae)

पर्पटोवरतिक्तश्चस्मृतःपर्पटकश्चसः |
कथितःपांशुपर्यायस्तथाकवचनामकः ||७९||
पर्पटोहन्तिपित्तास्रभ्रमतृष्णाकफज्वरान् |
संग्राहीशीतलस्तिक्तोदाहनुद्वातलोलघुः ||८०||

Synonyms:*Parpaṭa, varatikta, parpaṭaka, kathita, pāṁśu, paryāyasta* and *kavacanāmaka.*
Rasa* (Taste):Tikta* (bitter).
***Guṇa* (Physical property):** *Laghu* (light) and *tīkṣana* (sharp).
***Vīrya* (Potency):** *Śīta* (cold).
Effect on *Tridōṣa*: Pacifies *pitta* and *kapha* but aggravates *vāta*.
Action:: Astringent.
Therapeutics: Blood diseases, vertigo, thirst and fever.

3.30.1: *Nimba-Azadirachta indica* A.Juss(Meliaceae)

निम्बःस्यात्पिचुमर्दश्चपिचुमन्दश्चतिक्तकः |
अरिष्टःपारिभद्रश्चहिङ्गुनिर्यासइत्यपि ||८१||
निम्बःशीतोलघुर्ग्राहीकटुपाकोऽग्निवातनुत् |
अहृद्यःश्रमतड्कासज्वरारुचिकृमिप्रणुत् ||८२||
व्रणपित्तकफच्छर्दिकुष्ठहृल्लासमेहनुत् |
निम्बपत्रंस्मृतंनेत्र्यंकृमिपित्तविषप्रणुत् ||८३||

वातलंकटुपाकञ्चसर्वारोचककुष्ठनुत्।
निम्बफलंरसेतिक्तंपाकेतुकटुभेदनम्।
स्निग्धंलघूष्णंकुष्ठघ्नंगुल्मार्शःकृमिमेहनुत्॥८४॥

Synonyms:*Picumarda, picumanda, tiktaka, ariṣṭa, pāribhadra* and *hiṅguniryāsa.*
***Guṇa* (Physical property):** *Laghu* (light).
***Vīrya* (Potency):** *Śīta* (cold).
Vipāka* (Post digestion effect):Kaṭu* (pungent).
Effect on *Tridōṣa*: Pacifies *vāta*, *pitta* and *kapha*.
Action: Astringent.
Therapeutics: Fatigue, thirsty, cough, fever, anorexia, worm infestation, ulcer, vomiting, skin diseases, nausea and polyuria.

3.30.2: Leaves of *Nimba*

***Guṇa* (Physical property):** *Laghu* (light).
Vipāka* (Post digestion effect):Kaṭu* (pungent).
Effect on *Tridōṣa*: Pacifies *pitta*.
Therapeutics: Anorexia, eye diseases and skin diseases.

3.30.3: Fruit of *Nimba*

***Guṇa* (Physical property):** *Laghu* (light) and *snigdha* (unctuous).
***Rasa*:** *Tikta* (bitter).
***Vīrya* (Potency):** *Uṣana* (hot).
Vipāka* (Post digestion effect):Kaṭu* (pungent).
Action: Laxative.
Therapeutics: Skin diseases, abdominal tumor, hemorrhoids, worm infestation and polyuria.

3.31: *Mahanimba- Melia azedarach* L.(Meliaceae)

महानिम्बःस्मृतोद्रेकारम्यकोविषमुष्टिकः।
केशामुष्टिर्निम्बकश्चकार्मुकोजीवइत्यपि॥८५॥
महानिम्बोहिमोरूक्षास्तिक्तोग्राहीकषायकः।

कफपित्तभ्रमच्छर्दिकुष्ठहृल्लासरक्तजित् ।
प्रमेहश्वासगुल्मार्शोमूषिकाविषनाशनः ॥८६॥

Synonyms:*Drēkā, ramyaka, viṣamuṣṭika, kēśāmuṣṭi, nimbaka, kārmuka* and *jīva.*
Rasa* (taste):Tikta* (bitter) and *kṣāya*(astringent).
***Vīrya* (Potency):** *Śīta* (cold).
Effect on *Tridōṣa*: Pacifies *pitta* and *kapha*.
Action: Astringent.
Therapeutics: Vertigo, vomiting, skin diseases, nausea, blood diseases, polyuria, asthma, hemorrhoids and rodent poisoning.

3.32: *Pāribhadra-Erythrina indica* Lam (Fabaceae)

पारिभद्रोनिम्बतरुर्मन्दारःपारिजातकः ।
पारिभद्रोऽनिलश्लेष्मशोथमेदःकृमिप्रणुत् ।
तत्पत्रंपित्तरोगघ्नंकर्णव्याधिविनाशनम् ॥८७॥

Synonyms:*Nimbataru, mandāra* and *pārijātaka.*
Effect on *Tridōṣa*: Pacifies *vāta* and *kapha*.
Therapeutics: Edema, obesity

3.33.1: *Kāñcanāra-Bauhinia variegata* (L.) Benth(Fabaceae)

काञ्चनारःकाञ्चनकोगण्डारिःशोणपुष्पकः ।
कोविदारश्चमरिकःकुद्दालोयुगपत्रकः ।
कुण्डलीताम्रपुष्पश्चाश्मन्तकःस्वल्पकेशरी ॥८८॥
काञ्चनारोहिमोग्राहीतुवरःश्लेष्मपित्तनुत् ।
कृमिकुष्ठगुदभ्रंशगण्डमालाव्रणापहः ॥८९॥
कोविदारोऽपितद्वत्स्यात्तयोःपुष्पंलघुस्मृतम् ।
रूक्षंसंग्राहिपित्तास्रप्रदरक्षयकासनुत् ॥९०॥

Synonyms:*Kāñcanaka, gaṇḍāri* and *śōṇapuṣpaka.*

Rasa **(Taste):***Kṣāya*(astringent).
Vīrya **(Potency):** *Śīta* (cold).
Effect on *Tridōṣa*: Pacifies *pitta* and *kapha*.
Action: Astringent.
Therapeutics: Worm infestation, skin diseases, rectal prolapse, goiter and ulcer.

3.32.2: *Kōvidāra- Bauhinia purpurea* L. (Fabaceae)

Synonyms:*Camarika, kuddāla, yugapatraka, kuṇḍalī, tāmrapuṣpa, cāśmantaka* and *svalpakēśarī.*
Rasa **(Taste):***Kṣāya*(astringent).
Vīrya **(Potency):** *Śīta* (cold).
Effect on *Tridōṣa*: Pacifies *pitta* and *kapha*.
Action: Astringent.
Therapeutics: Worm infestation, skin diseases, rectal prolapse, goiter and ulcer.

3.33.3: Flower of *Kāñcanāra and Kōvidāra*

Rasa **(Taste):***Kṣāya*(astringent).
Guṇa **(Physical property):** *Laghu* (light) and *rūkṣa* (ununctuous).
Vīrya **(Potency):** *Śīta* (cold).
Effect on *Tridōṣa*: Pacifies *pitta*.

Therapeutics: Uterine bleeding, phthisis and cough.
Note: *Kāñcanāra*and its flower cause constipation.

3.34.1: *Śōbhāñjana-Moringa oleifera* Lam. (Moringaceae)

शोभाञ्जनःशिग्रुतीक्ष्णगन्धकाक्षीवमोचकाः |
तद्बीजंश्वेतमरिचंमधुशिग्रुःसलोहितः ||९१||
शिग्रुःकटुःकटुःपाकेतीक्ष्णोष्णोमधुरोलघुः |
दीपनोरोचनोरूक्षःक्षारस्तिक्तोविदाहकृत् |
संग्राहीशुक्रलोहृद्यःपित्तरक्तप्रकोपणः ||९२||
चक्षुष्यःकफवातघ्नोविद्रधिश्वयथुक्रिमीन् |

मेदोऽपचीविषप्लीहगुल्मगण्डव्रणान्हरेत् ||९३||
श्वेतःप्रोक्तगुणोज्ञेयोविशेषाद्दाहकृद्भवेत् |
प्लीहानंविद्रधिंहन्तिव्रणघ्नःपित्तरक्तहृत् ||९४||
मधुशिग्रुःप्रोक्तगुणोविशेषाद्दीपनःसरः |
शिग्रुवल्कलपत्राणांस्वरसःपरमार्तिहृत् ||९५||
चक्षुष्यंशिग्रुजंबीजंतीक्ष्णोष्णंविषनाशनम् |
अवृष्यंकफवातघ्नंतन्नस्येनशिरोऽर्तिनुत् ||९६||

Types: 1. Black, 2. White and 3. Red.
Seeds of *śōbhāñjana* are known as *śvētamarica.*
Synonyms:*Śigru, tīkṣṇagandhakā* and *ṣīvamōcakā.*
Rasa* (Taste):Madhura* (sweet), *kaṭu* (pungent) and *tikta* (bitter).
***Guṇa* (Physical property):** *Laghu* (light).
***Vīrya* (Potency):** *Uṣana* (hot).
Effect on *Tridōṣa*: Pacifies *vāta* and *kapha* but aggravates *pitta.*
Action: Appetizer, spermopiotic, alkaline and cardiac tonic.
Therapeutics: Eye diseases, abscess, edema, worm infestation, obesity, lymphadenitis, spleen diseases, abdominal tumor, goiter and ulcer.

3.34.2: White variety of *Śōbhāñjana*

Rasa* (Taste):Madhura* (sweet), *kaṭu* (pungent) and *tikta* (bitter).
***Guṇa* (Physical property):** *Laghu* (light).
***Vīrya* (Potency):** *Uṣana* (hot).
Effect on *Tridōṣa*: Pacifies *vāta* and *kapha* but aggravates *pitta.*
Action: Appetizer, spermopiotic, alkaline and cardiac tonic.
Therapeutics: Eye diseases, abscess, edema, worm infestation, obesity, lymphadenitis, spleen diseases, abdominal tumor, goiter and ulcer.
Note: The white variety of *śōbhāñjana* upsets the digestion.

3.34.3: Red variety of *Śōbhāñjana-Moringa concanensis* Nimmo (Moringaceae)

Synonym: *Madhuśigru.*
Rasa* (Taste):Madhura* (sweet), *kaṭu* (pungent) and *tikta* (bitter).

Guṇa (Physical property): *Laghu* (light).
Vīrya (Potency): *Uṣana* (hot).
Effect on Tridōṣa: Pacifies *vāta* and *kapha* but aggravates *pitta*.
Action: Appetizer, laxative, spermopiotic, alkaline and cardiac tonic.
Therapeutics: Eye diseases, abscess, edema, worm infestation, obesity, lymphadenitis, spleen diseases, abdominal tumor, goiter and ulcer.

3.34.4: Bark and expressed juice of leaves of *Śōbhāñjana*

Therapeutics: Intolerable pain.

3.34.5: Seeds of *Śōbhāñjana*

Rasa (Taste):*Madhura* (sweet), *kaṭu* (pungent) and *tikta* (bitter).
Guṇa (Physical property): *Laghu* (light).
Vīrya (Potency): *Uṣana* (hot).
Effect on Tridōṣa: Pacifies *vāta* and *kapha*.
Action: An aphrodisiac.
Therapeutics: Eye diseases and poisoning. *Nasya* (nasal administration) of the powdered seeds is useful in headache.

3.35.1: *Aparājitā-Clitoriaternatea* L.(Fabaceae)

आस्फोतागिरिकर्णीस्याद्विष्णुक्रान्ताऽपराजिता ।
अपराजितेकटूमेध्येशीतेकण्ठ्येसुद्दष्टिदे ।
कुष्ठमूत्रत्रिदोषामशोथव्रणविषापहे ।
कषायेकटुकेपाकेतिक्तेचस्मृतिबुद्धिदे ॥९७॥

Synonyms:*Āsphōtā*, *girikarṇī* and *viṣṇukrāntā*.
Rasa (Taste):*Kaṭu* (pungent), *tikta* (bitter) and *kṣāya* (astringent).
Guṇa (Physical property): *Laghu* (light).
Vīrya (Potency): *Śīta* (cold).
Vipāka (Post digestion effect): *Kaṭu*(pungent).
Effect on Tridōṣa: Pacifies *vāta*, *pitta* and *kapha*.

Action: Nootropic.
Therapeutics: Improves vision and voice, skin diseases, urinary tract diseases, indigestion, edema, ulcer and poisoning.

3.35.2: White variety of *Aparājitā*

Synonyms:*Aasphota, Girikarna and Vishnukranta.*
Rasa* (Taste):Kaṭu* (pungent), *tikta* (bitter) and *kṣāya* (astringent).
***Guṇa* (Physical property):** *Laghu* (light).
***Vīrya* (Potency):** *Śīta* (cold).
***Vipāka* (Post digestion effect):** *Kaṭu*(pungent).
Effect on *Tridōṣa*: Pacifies *vāta*, *pitta* and *kapha*.
Action: Nootropic.
Therapeutics: Improves vision and voice, skin diseases, urinary tract diseases, indigestion, edema, ulcer and poisoning.

3.36.1 *Sinduvāra-Vitexnegundo* L. (Verbenaceae)

सिन्दुवारःश्वेतपुष्पःसिन्दुकःसिन्दुवारकः ।
नीलपुष्पीतुनिर्गुण्डीशेफालीसुवहाचसा ॥९८॥
सिन्दुकःस्मृतिदस्तिक्तःकषायःकटुकोलघुः ।
केश्योनेत्रहितोहन्तिशूलशोथाममारुतान् ॥९९॥
कृमिकुष्ठारुचिश्लेष्मज्वरान्नीलापित्तद्विधा ।
सिन्दुवारदलंजन्तुवातश्लेष्महरंलघु ॥१००॥

Synonyms:*Sinduvāra, śvētapuṣpa, sinduka* and *sinduvāraka.*
Rasa* (Taste):Kaṭu* (pungent), *tikta* (bitter) and *kṣāya* (astringent).
***Guṇa* (Physical property):** *Laghu* (light).
Action: Nootropic.
Therapeutics: Loss of memory, diseases of the eye and hairs, colic, edema, rheumatism, worm infestation, skin diseases, anorexia andfever caused by vitiation of *kapha*.

3.36.2 Blue variety of *Sinduvāra*

Synonyms:*Nirguṇḍī, śēphālī* and *suvahā.*
Rasa* (Taste):Kaṭu* (pungent), *tikta* (bitter) and *kṣāya* (astringent).

***Guṇa* (Physical property):** *Laghu* (light).
Action: Nootropic.
Therapeutics: Loss of memory, diseases of the eye and hairs, colic, edema, rheumatism, worm infestation, skin diseases, anorexia and fever caused by vitiation of *kapha*.

3.36.3: Leaves of *Sinduvāra*

Effect on *Tridōṣa*: Pacifies *vāta* and *kapha*.
***Guṇa* (Physical property):** *Laghu* (light).
Therapeutics: worm infestation.

3.37: *Kuṭaja-Holarrhena antidysenterica* Wall. (Apocynaceae)

कुटजःकूटजःकीटोवत्सकोगिरिमल्लिका।
कालिङ्गःशक्रशाखीचमल्लिकापुष्पइत्यपि।
इन्द्रोयवफलःप्रोक्तोवृक्षकःपाण्डुरद्रुमः ॥१०१॥
कुटजःकटुकोरूक्षोदीपनस्तुवरोहिमः।
अर्शोऽतिसारपित्तास्रकफतृष्णामकुष्ठनुत् ॥१०२॥

Synonyms:*Kīṭa, vatsaka, girimallikā, kāliṅga, śakraśākhī, mallikāpuṣpa, indra, yavaphala, vṛkṣaka* and *pāṇḍuradruma*.
Rasa* (Taste):Kaṭu* (pungent) and *kṣāya* (astringent).
***Guṇa* (Physical property):** *Rūkṣa* (unctuous).
***Vīrya* (Potency):** *Śīta* (cold).
Effect on *Tridōṣa*: Pacifies *pitta* and *kapha*.
Action: Appetizer.
Therapeutics: Hemorrhoids, diarrhea, thirst, indigestion and skin diseases.

3.38.1: *Karañja-Pongamia glabra* Vent(Fabaceae)

करञ्जोनक्तमालश्चकरजश्चिरबिल्वकः।
घृतपूर्णकरञ्जोऽन्यःप्रकीर्यःपूतिकोऽपिच।
सचोक्तःपूतिकरञ्जःसोमवल्कश्चसस्मृतः ॥१०३॥

करञ्जःकटुकस्तीक्ष्णोवीर्योष्णोयोनिदोषहृत्।
कुष्ठोदावर्तगुल्मार्शोव्रणक्रिमिकफापहः ॥१०४॥
तत्पत्रंकफवातार्शःकृमिशोथहरंपरम्।
भेदनंकटुकंपाकेवीर्योष्णंपित्तलंलघु ॥१०५॥
तत्फलंकफवातघ्नंमेहार्शःकृमिकुष्ठजित्।
घृतपूर्णकरञ्जोऽपिकरञ्जसदृशोगुणैः ॥१०६॥

Synonyms:*Naktamāla, karaja* and *cirabilvaka.*
Rasa* (Taste):Kaṭu* (pungent).
***Guṇa* (Physical property):** *Rūkṣa* (ununctuous) and *tīkṣana* (sharp).
***Vīrya* (Potency):** *Uṣana* (hot).
Effect on *Tridōṣa*: Pacifies *kapha.*
Therapeutics: Vaginal diseases, skin diseases, flatulence, abdominal tumor, hemorrhoids, ulcer and worm infestation.

3.38.2: *Ghṛtakarañja*

Synonyms:*Ghṛtapūrṇakarañja, prakīrya, pūtika, cōkta, pūtikarañja* and *sōmavalka.*
Rasa* (Taste):Kaṭu* (pungent).
***Guṇa* (Physical property):** *Rūkṣa* (ununctuous) and *tīkṣana* (sharp).
***Vīrya* (Potency):** *Uṣana* (hot).
Effect on *Tridōṣa*: Pacifies *kapha.*
Therapeutics: Vaginal diseases, skin diseases, flatulence, abdominal tumor, hemorrhoids, ulcer and worm infestation.

3.38.3: Leaves of *Karañja*

Effect on *Tridōṣa*: Pacifies *vāta* and *kapha.*
Therapeutics: Hemorrhoids, worm infestation and skin diseases.

3.38.4: Fruit of *Karañja*

Effect on *Tridōṣa*: Pacifies *vāta* and *kapha.*
Therapeutics: Hemorrhoids, worm infestation, polyuria and skin diseases.

3.39: *Udakīrya-Holoptelea integrifolia* (Roxb.) Planch (Ulmaceae)

उदकीर्यस्तृतीयोऽन्यःषड्ग्रन्थाहस्तिवारुणी।
मर्कटीवायसीचापिकरञ्जीकरभञ्जिका ॥१०७॥
करञ्जीस्तम्भनीतिक्तातुवराकटुपाकिनी।
वीर्योष्णावमिपित्तार्शःकृमिकुष्ठप्रमेहजित् ॥१०८॥

Synonyms:*Ṣaḍgranthā, hastivāruṇī, markaṭī, vāyasī, karañjī* and *karabhañjikā.*
Rasa* (Taste):Tikta* (Bitter) and *kṣāya* (astringent).
***Vīrya* (Potency):** *Uṣana* (hot).
Effect on *Tridōṣa*: Pacifies *pitta.*
Action: Astringent.
Therapeutics: Vomiting, skin diseases, hemorrhoids, polyuria and worm infestation.

3.40.1: *Guñjā-Abrus pulchellus* Wallich ex Thwaites (Fabaceae)

श्वेतारक्तोच्चटाप्रोक्ताकृष्णलाचापिसास्मृता।
रक्तासाकाकचिञ्चीस्यात्काकानन्तीचरक्तिका।
काकादनीकाकपीलुःसास्मृताकाकवल्लरी ॥१०९॥
गुञ्जाद्वयन्तुकेश्यंस्वाद्वातपित्तज्वरापहम्।
मुखशोषभ्रमश्वासतृष्णामदविनाशनम् ॥११०॥
नेत्रामयहरंवृष्यंबल्यंकण्डूंव्रणंहरेत्।
कृमीन्द्रलुप्तकुष्ठानिरक्ताचधवलापिच ॥१११॥

Synonyms:*Śvētā raktōccaṭā* and *kṛṣṇalā.*
Effect on *Tridōṣa*: Pacifies *vāta* and *pitta.*
Actions: Aphrodisiac and tonic.
Therapeutics: Dryness of the mouth, vertigo, asthma, lethargy, alcoholism, eye diseases, pruritis, ulcer, worm infestation, alopecia and skin diseases.

3.40.2: *Raktāguñjā- Abrus precatorius* L. (Fabaceae)

Synonyms:*Kākaciñcī, kākānantī, raktikā, kākādanī, kākapīlu* and *kākavallarī.*
Effect on *Tridōṣa*: Pacifies *vāta* and *pitta.*
Actions: Aphrodisiac and tonic.
Therapeutics: Dryness of the mouth, vertigo, asthma, lethargy, alcoholism, eye diseases, pruritis, ulcer, worm infestation, alopecia and skin diseases.

3.41.1: *Kapikacchū-Mucunapruriens* (L.) DC. (Fabaceae)

कपिकच्छूरात्मगुप्तावृष्याप्रोक्ताचमर्कटी ।
अजराकण्डुराव्यङ्गादुःस्पर्शाप्रावृषायणी ।
लाङ्गलीशूकशिम्बीचसैवप्रोक्तामहर्षिभिः ॥११२॥
कपिकच्छूर्भृशंवृष्यामधुराबृंहणीगुरुः ।
तिक्तावातहरीबल्याकफपित्तास्रनाशिनी ।
तद्बीजंवातशमनंस्मृतंवाजीकरंपरम् ॥११३॥

Synonyms:*Ātmaguptā, vṛṣyā, markaṭī, ajarā, kaṇḍurā, vyaṅgā, duḥsparśā, prāvṛṣāyaṇī, lāṅgalī, śūkaśimbī and maharṣibhi.*
Rasa* (Taste):Madhura* (sweet) and *tikta* (bitter).
***Guṇa* (Physical property):** *Gurū* (heavy).
Effect on *Tridōṣa*: Pacifies *vāta*, *pitta* and *kapha*.
Action: Aphrodisiac and tonic.
Therapeutics: Diseases of the blood.

3.41.2: Seeds of *Kapikacchū*

Effect on *Tridōṣa*: Pacifies *vāta*.
Therapeutics: Diseases of the blood.

3.42: *Māṁsarōhiṇī-Soymidafebrifuga* (Roxb.) Juss. (Meliaceae)

मांसरोहिण्यतिरुहावृंताचर्मकरीकृशा।
प्रहारवल्लीविकशावीरवल्ल्यपिकथ्यते।
स्यान्मांसरोहिणीवृष्यासरादोषत्रयापहा॥११४॥

Synonyms:*Atiruhā, vṛṁtā, carmakarī, kṛśā, prahāravallī, vikaśā* and *vīravallī*.
Effect on *Tridōṣa*: Pacifies *vāta*, *pitta* and *kapha*.
Action: Aphrodisiac and laxative.

3.43.1: *Cihlaka -Casearia tomentosa* Roxb.(Saliaceae)

चिह्लकोवातनिर्हारःश्लेष्मघ्नोधातुपुष्टिकृत्।
आग्नेयोविषवद्यस्यफलंमत्स्यनिषूदनम्॥११५॥

***Vīrya* (Potency):** *Uṣana* (hot).
Effect on *Tridōṣa*: Pacifies *vāta* and *kapha*.
Action: Nutritive.

3.43.2: Fruit of *Cihlaka*

Action: It is poisonous to fish.

3.44: *Ṭaṅkārī-Physalisminima* L. (Solanaceae)

टङ्कारीवातजित्तिक्ताश्लेष्मघ्नीदीपनीलघुः।
शोथोदरव्यथाहन्त्रीहितापीठविसर्पिणाम्॥११६॥

Rasa* (Taste):Tikta* (bitter).
***Guṇa* (Physical property):** *Laghu* (light).
Effect on *Tridōṣa*: Pacifies *kapha*.
Action: Appetizer.
Therapeutics: Edema and abdominal diseases.

3.45: *Vētasa-Salix caprea* L. (Saliaceae)

वेतसोनम्रकःप्रोक्तोवानीरोवञ्जुलस्तथा ।
अभ्रपुष्पश्चविदुलोरथशीतश्चकीर्तितः ॥११७॥
वेतसःशीतलोदाहशोथार्शोयोनिरुक्प्रणुत् ।
हन्तिवीसर्पकृच्छ्रास्रपित्ताश्मरिकफानिलान् ॥११८॥

Synonyms:*Namraka, vānīra, vañjula, abhrapuṣpa, vidula* and *rathaśīta.*
Rasa* (Taste):Madhura* (sweet) and *tikta* (bitter).
***Vīrya* (Potency):** *Śīta* (cold).
Effect on *Tridōṣa*: Pacifies *vāta* and *kapha.*
Therapeutics: Burning, edema, hemorrhoids, diseases of the vagina, erysipelas, dysuria, epistaxis and calculus.

3.46: *Jalavētasa-Salix tetrasperma* Roxb. (Saliaceae)

निकुञ्चकःपरिव्याधोनादेयोजलवेतसः ।
जलजोवेतसःशीतकुष्ठहृद्वातकोपनः ॥११९॥

Synonyms:*Nikuñcaka, parivyādha* and *nādēya.*
***Vīrya* (Potency):** *Śīta* (cold).
Effect on *Tridōṣa*: Aggravates *vāta.*
Therapeutics: Skin diseases.

3.47: *Hijjala-Barringtonia acutangula* (L.) Gaertn. (Lecythidaceae)

इज्जलोहिज्जलश्चापिनिचुलश्चाम्बुजस्तथा ।
जलेवेतसवद्वेद्योहिज्जलोऽयंविषापहः ॥१२०॥

Synonyms:*Ijjala, hijjala, nicula* and *āmbuja.*
***Vīrya* (Potency):** *Śīta* (cold).
Effect on *Tridōṣa*: Aggravates *vāta.*
Therapeutics: Skin diseases and poisoning.

3.48.1: *Aṅkōṭa-Alangium lamarckii* Thwaites (Cornaceae)

अङ्कोटोदीर्घकीलःस्यादङ्कोलश्चनिकोचकः।
अङ्कोटकःकटुस्तीक्ष्णःस्निग्धोष्णस्तुवरोलघुः।
रेचनःकृमिशूलामशोफग्रहविषापहः ॥१२१॥
विसर्पकफपित्तास्रमूषकाहिविषापहः।
तत्फलंशीतलंस्वादुश्लेष्मघ्नंबृंहणंगुरु।
बल्यंविरेचनंवातपित्तदाहक्षयास्रजित् ॥१२२॥

Synonyms:*Dīrghakīla, aṅkōla* and *nikōcaka.*
Rasa* (Taste):Kaṭu* (pungent) and *kṣāya* (astringent).
***Guṇa* (Physical property):** *Laghu* (light), *snigdha* (unctuous) and*tīkṣana.*
***Vīrya* (Potency):** *Uṣana* (hot).
Effect on *Tridōṣa*: Pacifies *pitta* and *kapha.*
Action: Laxative.
Therapeutics: Worm infestation, colic, indigestion, edema, microbial infections, erysipelas, diseases of the blood, rodent poisoning and snake poisoning.

3.48.2: Fruit of *Aṅkōṭa*

Rasa* (Taste):Kaṭu* (pungent) and *kṣāya* (astringent).
***Guṇa* (Physical property):** *Gurū* (heavy).
***Vīrya* (Potency):** *Śīta* (cold).
Effect on *Tridōṣa*: Pacifies *vāta*, *pitta* and *kapha.*
Action: Tonic and purgative.
Therapeutics: Phthisis and diseases of the blood.

3.49.1: *Balā-Sida cordifolia* L. (Malvaceae)

बलावाट्यालिकावाट्यासैववाट्यालकाऽपिच।
महाबलापीतपुष्पासहदेवीचसास्मृता ॥१२३॥
ततोऽन्यातिबलाऋष्यप्रोक्ताकङ्कतिकाचसा।

गाङ्गेरुकीनागबलाझषाह्रस्वगवेधुका ॥१२४॥
बलाचतुष्टयंशीतंमधुरंबलकान्तिकृत् ।
स्निग्धंग्राहिसमीरास्रपित्तास्रक्षतनाशनम् ॥१२५॥
बलामूलत्वचश्चूर्णपीतंसक्षीरशर्करम् ।
मूत्रातिसारंहरतिदृष्टमेतन्नसंशयः ॥१२६॥
हरेन्महाबलाकृच्छ्रंभवेद्वातानुलोमनी ।
हन्यादतिबलामेहंपयसासितयासमम् ॥१२७॥

Synonyms:*Vāṭyālikā, vāṭyā* and *vāṭyālakā.*
Rasa* (Taste):Madhura* (sweet) and *snigdha* (unctuous).
***Vīrya* (Potency):** *Śīta* (cold).
Effect on *Tridōṣa*: Pacifies *vāta* and *pitta*.

Action: Astringent, alterative and tonic.
Therapeutics: Ulcer and diseases of the blood. The powder of the root taken with milk is useful in polyuria.

3.49.2: *Mahabalā-Sida rhombifolia* L. (Malvaceae)

Synonyms:*Pītapuṣpā* and *sahadēvī.*
Rasa* (Taste):Madhura* (sweet) and *snigdha* (unctuous).
***Vīrya* (Potency):** *Śīta* (cold).
Effect on *Tridōṣa*: Pacifies *vāta* and *pitta*.
Action: Astringent, carminative, alterative and tonic.
Therapeutics: Ulcer and diseases of the blood. It is useful in dysuria.

3.49.3: *Atibalā-Abutilon indicum* (Link) Sweet (Malvaceae)

Synonyms:*Ṛṣyaprōktā* and *kaṅkatikā.*
Rasa* (Taste):Madhura* (sweet) and *snigdha* (unctuous).
***Vīrya* (Potency):** *Śīta* (cold).
Effect on *Tridōṣa*: Pacifies *vāta* and *pitta*.
Action: Astringent, alterative and tonic.

Therapeutics: Ulcer and diseases of the blood. Powder of the root taken with milk is useful in polyuria.

3.49.4: *Nāgbalā-Grewia hirsuta* Vahl (Malvaceae)

Synonyms:*Gāṅgērukī, nāgabalā, jhaṣā* and *hrasvagavēdhukā.*
Rasa* (Taste):Madhura* (sweet) and *snigdha* (unctuous).
***Vīrya* (Potency):** *Śīta* (cold).
Effect on *Tridōṣa*: Pacifies *vāta* and *pitta*.
Action: Astringent, alterative and tonic.
Therapeutics: Ulcer and diseases of the blood.

3.50: *Lakṣmaṇā-Solanum ferox* L. (Solanaceae)

पुत्रकाकाररक्ताल्पबिन्दुभिर्लाञ्छितासदा।
लक्ष्मणापुत्रजननीबस्तगन्धाकृतिर्भवेत्।
कथितापुत्रदाऽवश्यंलक्ष्मणामुनिपुङ्गवैः ॥१२८॥

Description: The leaves of the plant contain red spots resembling the anatomy of male. In appearance it resembles with plant of *Bastgandhā* (*Thymusvulgaris* L.).
Action: *Lakṣmaṇā* helps in conception.

3.51: *Svarṇavallī-Cephalandra indica* Naudin (Cucurbitaceae)

स्वर्णवल्लीरक्तफलाकाकायुःकाकवल्लरी।
स्वर्णवल्लीशिरःपीडांत्रिदोषान्हन्तिदुग्धदा ॥१२९॥

Synonyms:*Raktaphalā, kākāyu* and *kākavallarī.*
Effect on *Tridōṣa*: Pacifies *vāta,pitta* and *kapha*.
Action: Galatagouge.
Therapeutics: Cephalgia.

3.52: *Kārpāsī-Gossypium herbaceum* L. (Malvaceae)

कार्पासीतुण्डकेरीचसमुद्रान्ताचकथ्यते।
कार्पासकीलघुःकोष्णामधुरावातनाशिनी।
तत्पलाशंसमीरघ्नंरक्तकृन्मूत्रवर्धनम् ॥१३०॥
तत्कर्णपीडकानादपूयास्रावविनाशनम्।
तद्बीजंस्तन्यदंवृष्यंस्निग्धंकफकरंगुरु ॥१३१॥

Synonyms:*Tuṇḍakērī* and *samudrāntā*.
Rasa* (Taste):Madhura* (sweet).
***Guṇa* (Physical property):** *Laghu* (light).
***Vīrya* (Potency):** *Uṣana* (hot).
Effect on *Tridōṣa*: Pacifies *vāta*.

3.52.1: Leaves of *Kārpāsī*

Action: Diuretic and haemopiotic.
Therapeutics: Otitis externa, otitis media, tinnitus and otorrhoea.

3.52.3: Seeds of *Kārpāsī*

Rasa* (Taste):Madhura* (sweet).
***Guṇa* (Physical property):** *Gurū* (heavy) and *snigdha* (unctuous).
Effect on *Tridōṣa*: Aggravates *kapha*.
Action: Galacatgouge and aphrodisiac.

3.53.1: *Vaṁśa-Bambusa arundinacea* L. (Poaceae)

वंशस्त्वक्सारकर्मारस्त्वचिसारस्तृणध्वजाः।
शतपर्वायवफलोवेणुमस्करतेजनाः ॥१३२॥
वंशःसरोहिमःस्वादुःकषायोबस्तिशोधनः।
छेदनःकफपित्तघ्नःकुष्ठास्रव्रणशोथजित् ॥१३३॥
तत्करीरःकटुःपाकेरसेरूक्षोगुरुःसरः।

कषायःकफकृत्स्वादुर्विदाहीवातपित्तलः ||१३४||
तद्‌यवास्तुसरारूक्षाःकषायाःकटुपाकिनः |
वातपित्तकराउष्णाबद्‌धमूत्राःकफापहाः ||१३५||

Synonyms:*Tvaksāra, karmāra, tvacisāra, tṛṇadhvajā, śataparvā, yavaphala, vēṇu* and *maskaratējanā.*

Rasa* (Taste):Kṣāya* (astringent).
***Guṇa* (Physical property):** *Rūkṣa* (ununctuous).
***Vīrya* (Potency):** *Śīta* (cold).
Effect on *Tridōṣa*: Pacifies *pitta* and *kapha.*
Action: Laxative and expectorant.
Therapeutics: Diseases of the urinary bladder, skin diseases, diseases of the blood, ulcer and edema.

3.53.2: *Vaṁśānkura*

Rasa* (Taste):Kaṭu* (pungent) and *kṣāya* (astringent).
***Guṇa* (Physical property):** *Gurū* (heavy) and *rūkṣa* (ununctuous).
***Vipāka* (Post digestion effect):** *Kaṭu* (pungent).
Effect on *Tridōṣa*: Aggravates *vāta*, *pitta* and *kapha.*
Action: Laxative.

3.53.3: *Vaṁśāyava*

Rasa* (Taste):Kṣāya* (astringent).
***Guṇa* (Physical property):** *Gurū* (Heavy).
***Vīrya* (Potency):** *Uṣana* (hot).
***Vipāka* (Post digestion effect):** *Kaṭu* (pungent).
Effect on *Tridōṣa*: Aggravates *vāta* and *pitta* but alleviates *kapha*
Action: Laxative.
Note: *Vaṁśāyava* obstructs urinary flow.

3.54: *Nala-Lobelia nicotianifolia* L. (Lobeliaceae)

नलःपोटगलःशून्यमध्यश्चधमनस्तथा |

नलस्तुमधुरस्तिक्तःकषायःकफरक्तजित्।
उष्णंोहृद्बस्तियोन्यर्तिदाहपित्तविसर्पहृत् ॥१३६॥

Synonyms:*Pōṭagala, śūnyamadhya* and *dhamana.*
Rasa* (Taste):Madhura* (sweet), *tikta* (bitter) and *kṣāya* (astringent).
***Vīrya* (Potency):** *Uṣana* (hot).
Effect on *Tridōṣa*: Pacifies *pitta* and *kapha*.
Action: Laxative and expectorant.
Therapeutics: Erysipelas, burning, blood diseases, heart ailments, pain originating from the urinary bladder and vagina.

3.55.1: *Bhadramuñja-Saccharum bengalense* Retz. (Poaceae)

भद्रमुञ्जःशरोबाणस्तेजनश्चक्षुवेष्टनः।
मुञ्जोमुञ्जातकोबाणःस्थूलदर्भःसुमेखलः ॥१३७॥
मुञ्जद्वयन्तुमधुरंतुवरंशिशिरंतथा।
दाहतृष्णाविसर्पाममूत्रकृच्छ्राक्षिरोगजित्।
दोषत्रयहरंवृष्यंमेखलासूपयुज्यते ॥१३८॥

Synonyms:*Śara, bāṇa, tējana* and *cakṣuvēṣṭana.*
Rasa* (Taste):Madhura* (sweet) and *kṣāya* (astringent).
***Vīrya* (Potency):** *Śīta* (cold).
Effect on *Tridōṣa*: Pacifies *vāta*, *pitta* and *kapha*.
Action: Aphrodisiac.
Therapeutics: Burning sensation, thirst, erysipelas, blood diseases and eye ailments.

3.55.2: *Muñja-Saccharum munja* Roxb. (Poaceae)

Synonyms:*Muñjātaka, bāṇa, sthūladarbha* and *sumēkhala.*
Rasa* (Taste):Madhura* (sweet) and *kṣāya* (astringent).
***Vīrya* (Potency):** *Śīta* (cold).
Effect on *Tridōṣa*: Pacifies *vāta*, *pitta* and *kapha*.
Action: Aphrodisiac.
Therapeutics: Burning sensation, thirst, erysipelas, blood diseases and eye ailments.

3.56: *Kāśa-Saccharum spontaneum* L. (Poaceae)

काशःकाशेक्षुरुद्दिष्टःसस्यादिक्षुरसस्तथा।
इक्ष्वालिकेक्षुगन्धाचतथापोटगलःस्मृतः ॥१३९॥
काशःस्यान्मधुरस्तिक्तःस्वादुपाकोहिमःसरः।
मूत्रकृच्छ्राश्मदाहास्रक्षयपित्तजरोगजित् ॥१४०॥

Synonyms:*Ikṣuru, diṣṭa, ikṣurasa, ikṣvālika, ikṣugandhā* and *pōṭagala.*
Rasa* (Taste):Madhura* (sweet) and *tikta* (bitter).
***Vīrya* (Potency):** *Śīta* (cold).
***Vipāka* (Post digestion effect):** *Madhura* (sweet).
Effect on *Tridōṣa*: Pacifies *pitta.*
Action: Laxative.
Therapeutics: Dysuria, calculus, burning sensation, blood diseases ailments and phthisis.

3.57: *Gundra-Typha angustifolia* L. (Typhaceae)

गुन्द्रःपटेरकोरच्छःशृङ्गवेराभमूलकः।
गुन्द्रःकषायोमधुरःशिशिरःपित्तरक्तजित्।
स्तन्यशुक्ररजोमूत्रशोधनोमूत्रकृच्छ्रहृत् ॥१४१॥

Synonyms:*Paṭēraka, raccha, śṛṅgavēra* and *abhamūlaka.*
Rasa* (Taste):Madhura* (sweet) and *kṣāya* (astringent).
***Vīrya* (Potency):** *Śīta* (cold).
Effect on *Tridōṣa*: Pacifies *pitta.*
Therapeutics: Epistaxis and dysuria.
Note: *Gundra* purifies the milk, semen, menstrual fluid and urine.

3.58: *Ērakā-Typha elephantina* Roxb. (Typhaceae)

एरकागुन्द्रमूलाचशिविर्गुन्द्राशरीतिच।
एरकाशिशिरावृष्याचक्षुष्यावातकोपिनी।
मूत्रकृच्छ्राश्मरीदाहपित्तशोणितनाशिनी ॥१४२॥

Synonyms:*Gundramūlā, śivirgundrā* and *śarī.*
Rasa* (Taste):Madhura* (sweet) and *kṣāya* (astringent).
Vīrya* (Potency): *Śīta (cold).
Effect on *Tridōṣa*: Pacifies *pitta* but aggravates *vāta.*
Action: Aphrodisiac.
Therapeutics: Burning sensation, dysuria, calculus and blood diseases.

3.59.1: *Kuśa-Desmostachya bipinnata* (L.) Stapf (Poaceae)

कुशोदर्भस्तथाबर्हिःसूच्यग्रोयज्ञभूषणः ।
ततोऽन्योदीर्घपत्रःस्यात्क्षुरपत्रस्तथैवच ॥१४३॥
दर्भद्वयंत्रिदोषघ्नंमधुरंतुवरंहिमम् ।
मूत्रकृच्छ्राश्मरीतृष्णाबस्तिरुक्प्रदरास्रजित् ॥१४४॥

Synonyms:*Sūcyagra.*
Rasa* (Taste):Madhura* (sweet) and *kṣāya* (astringent).
***Vīrya* (Potency):** *Śīta* (cold).
Effect on *Tridōṣa*: Pacifies *vāta*, *pitta* and *kapha.*
Therapeutics: Dysuria, calculus, uterine bleeding and diseases of the urinary bladder and blood diseases.

3.59.2: *Darbha-Imperata cylindrica* Beauv (Poaceae)

Synonyms:*Yajñabhūṣaṇa.*
Rasa* (Taste):Madhura* (sweet) and *kṣāya* (astringent).
***Vīrya* (Potency):** *Śīta* (cold).
Effect on *Tridōṣa*: Pacifies *vāta*, *pitta* and *kapha.*
Therapeutics: Dysuria, calculus, uterine bleeding and diseases of the urinary bladder and blood diseases.

3.60: *Kattṛṇa-Cymbopogon schoenanthus* Spreng. (Poaceae)

कतृणंरोहिषंदेवजग्धंसौगन्धिकंतथा ।

भूतीकंव्यामपौरेचश्यामकंधूपगन्धिकम् ॥१४५॥
रोहिषंतुवरंतिक्तंकटुपाकंव्यपोहति ।
हृत्कण्ठव्याधिपित्तास्रशूलकासकफज्वरान् ॥१४६॥

Synonyms:*Rōhiṣa, dēvajagdha, saugandhika, bhūtīka, vyāmapaura, śyāmaka* and *dhūpagandhika.*
Rasa* (Taste):Tikta* (bitter) and *kṣāya* (astringent).
***Vīrya* (Potency):** *Śīta* (cold).
Effect on *Tridōṣa*: Pacifies *kapha*.
Therapeutics: Heart ailments, diseases of the throat, epistaxis, colic and cough.

3.61: *Bhūtṛṇa-Cymbopogon citratus* (DC.) Stapf (Poaceae)

गुह्यबीजंतुभूतीकंसुगन्धंजम्बुकप्रियम् ।
भूतृणंतुभवेच्छत्रामालातृणकमित्यपि ॥१४७॥
भूतृणंकटुकंतिक्तंतीक्ष्णोष्णंरेचनंलघु ।
विदाहिदीपनंरूक्षमनेत्र्यंमुखशोधनम् ।
अवृष्यंबहुविट्कञ्चपित्तरक्तप्रदूषणम् ॥१४८॥

Synonyms:*Guhyabīja, bhūtīka sugandha jambukapriya, bhūtṛṇa, bhavēcchatrā* and *mālātṛṇaka.*
Rasa* (Taste):Tikta* (bitter) and *kaṭu* (pungent).
***Guṇa* (Property):** *Laghu* (light), *rūkṣa* (ununctuous) and *tīkṣana* (sharp).
***Vīrya* (Potency):** *Ūṣana* (hot).
Effect on *Tridōṣa*: Pacifies *kapha*.
Action: Laxative, appetizer and anaphrodisiac
Therapeutics: Eye diseases and purifiers the mouth.

3.62.1: *Nīladūrvā-Cynodon dactylon* L. (Poaceae)

नीलदूर्वारुहाऽनन्ताभार्गवीशतपर्विका ।
शष्पंसहस्रवीर्याचशतवल्लीचकीर्तिता ॥१४९॥

नीलदूर्वाहिमातिक्तामधुरातुवराहरेत् ।
कफपित्तास्रवीसर्पतृष्णादाहत्वगामयान् ॥१५०॥

Synonyms:*Ruhā, anantā, bhārgavī, śataparvikā, śaṣpa, sahasravīryā* and *śatavallī.*
Rasa* (Taste):Tikta* (bitter) and *madhura* (sweet).
***Guṇa* (Property):** *Laghu* (light), *rūkṣa* (ununctuous) and *tīkṣana* (sharp).
***Vīrya* (Potency):** *Śīta* (cold).
Effect on *Tridōṣa*: Pacifies *kapha.*
Therapeutics: Epistaxis, erysipelas, thirst, burning sensation and skin diseases.

3.62.2:*Śvētadūrvā*

दूर्वाशुक्लातुगोलोमीशतवीर्याचकथ्यते ।
श्वेतादूर्वाकषायास्यात्स्वाद्वीव्रण्याचजीवनी ।
तिक्ताहिमाविसर्पास्रतृट्पित्तकफदाहहृत् ॥१५१॥

Synonyms:*Dūrvā, śuklā, gōlōmī, śatavīryā, śvētā, dūrvā, kaṣāyā, syātsvādvī, vraṇyā* and *jīvanī.*
Rasa* (Taste):Tikta* (bitter), *kṣāya* (astringent) and *madhura* (sweet).
***Vīrya* (Potency):** *Śīta* (cold).
Effect on *Tridōṣa*: Pacifies *kapha* and *pitta.*
Action: Tonic and styptic.
Therapeutics: Erysipelas, thirst, blood diseases and burning sensation.

3.62.3: *Gaṇḍadūrvā*

गण्डदूर्वातुगण्डालीमत्स्याक्षीशकुलाक्षकः ।
गण्डदूर्वाहिमालोहद्राविणीग्राहिणीलघुः ।
तिक्ताकषायामधुरावातकृत्कटुपाकिनी ।
दाहतृष्णाबलासास्रकुष्ठपित्तज्वरापहा ॥१५२॥

Synonyms:*Gaṇḍālī, matsyākṣī, śakulākṣaka, gaṇḍadūrvā, himā lōhadrāviṇī* and *grāhiṇī.*
Rasa* (Taste):Tikta* (bitter), *kṣāya* (astringent) and *madhura* (sweet).
***Vīrya* (Potency):** *Śīta* (cold).
Vipāka* (Post digestion effect):Kaṭu* (pungent).

Effect on *Tridōṣa*: Pacifies *kapha* but aggravates *vāta*.
Action: Antidiarrhoeal.
Therapeutics: Blood diseases, thirst, burning sensation and skin diseases.

3.63: *Vidārīkanda-Dioscorea bulbifera* L.(Dioscoreaceae)

विदारीकन्दएवान्यैश्चर्मकारालुकोमतः।
अनूपसम्भवेदेशेवराहइवलोमवान् ॥१५३॥
विदारीस्वादुकन्दाचसातुक्रोष्ट्रीसितास्मृता।
इक्षुगन्धाक्षीरवल्लीक्षीरशुक्लापयस्विनी।
वाराहवदनागृष्टिर्बदरेत्यपिकथ्यते ॥१५४॥
विदारीमधुरास्निग्धाबृंहणीस्तन्यशुक्रदा।
शीतास्वर्यामूत्रलाचजीवनीबलवर्णदा।
गुरुःपित्तास्रपवनदाहान्हन्तिरसायनी ॥१५५॥

Synonyms:*Vidārī, svādukandā, krōṣṭrī* and *sitā*.
Rasa* (Taste):Tikta* (bitter) and *madhura* (sweet).
***Vīrya* (Potency):** *Śīta* (cold).
Vipāka* (Post digestion effect):Kaṭu* (pungent).
Effect on *Tridōṣa*: Pacifies *vāta* and *kapha* but aggravates *pitta*.
Action: Tonic and spermopiotic.
Therapeutics: Skin diseases, polyuria and worm infestation.

3.64:*Kṣīravidārī-Ipomoea mauritiana* Jacq. (Convolvulaceae)

Synonyms:*Ikṣugandhā, kṣīravallī, kṣīraśuklā, payasvinī, vārāhavadanā* and *gṛṣṭirbadara*.
Rasa* (Taste):Tikta* (bitter) and *madhura* (sweet).
***Vīrya* (Potency):** *Śīta* (cold).
Vipāka* (Post digestion effect):Kaṭu* (pungent).
Effect on *Tridōṣa*: Pacifies *vāta* and *kapha* but aggravates *pitta*.
Action: Tonic and spermopiotic.
Therapeutics: Skin diseases, polyuria and worm infestation.

3.65: *Tālamūlī-Curculigo orchioides* Gaertn. (Hypoxidaceae)

3.66: *Mūśalī- Asparagus adscendens* Roxb. (Asparagaceae)

तालमूलीतुविद्वद्भिर्मूशलीपरिकीर्तिता।
मुशलीमधुरावृष्यावीर्योष्णाबृंहणीगुरुः।
तिक्तारसायनीहन्तिगुदजान्यनिलंतथा ॥१५६॥

Synonyms: *Tālamūlī, vidvadbhi* and *mūśalī.*
***Rasa* (Taste):** *Madhura* (Sweet) and *Tikta* (bitter).
***Guṇa* (Property):** *Gurū* (heavy).
***Vīrya* (Potency):** *Ūṣana* (hot).
Effect on *Tridōṣa*: Pacifies *vāta*.
Action: Tonic.
Therapeutics: Hemorrhoids.

3.67.1: *Śatāvarī-Asparagus racemosus* Willd. (Asparagaceae)

शतावरीबहुसुताभीरुरिन्दीवरीवरी।
नारायणीशतपदीशतवीर्याचपीवरी ॥१५७॥
महाशतावरीचान्याशतमूल्यर्धकण्टिका।
सहस्रवीर्याहेतुश्चऋष्यप्रोक्तामहोदरी ॥१५८॥
शतावरीगुरुःशीतातिक्तास्वाद्वीरसायनी।
मेधाऽग्निपुष्टिदास्निग्धानेत्र्यागुल्मातिसारजित्।
शुक्रस्तन्यकरीबल्यावातपित्तास्रशोथजित् ॥१५९॥
महाशतावरीमेध्याहृद्यावृष्यारसायनी।
शीतवीर्यानिहन्त्यर्शोग्रहणीनयनामयान् ॥१६०॥

Synonyms:*Bahusutā, bhīrurindīvarī, varī, nārāyaṇī, śatapadī, śatavīryā* and *pīvarī.*
Rasa (Taste):*Madhura* (Sweet) and *Tikta* (bitter).
***Guṇa* (Property):** *Gurū* (heavy) and *snigdha* (unctuous).
***Vīrya* (Potency):** *Śīta* (cold).
Effect on *Tridōṣa*: Pacifies *vāta*.
Action: Tonic, spermopiotic, appetizer, nootropic and galactagouge.
Therapeutics: Eye diseases, abdominal tumor, diarrhea, epistaxis and edema.

3.67.2: *Mahāśatāvarī-Asparagus sarmentosus* L. (Asparagaceae)

Synonyms:*Śatamūlī, ardhakaṇṭikā, sahasravīryā, hētu, ṛṣyaprōktā* and *mahōdarī.*
***Vīrya* (Potency):** *Śīta* (cold).
Action: Tonic, aphrodisiac, nootropic and cardiac tonic.
Therapeutics: Hemorrhoids, malabsorption and eye diseases.

3.67.3: Ankura of *Śatāvarī* and *mahāśatāvarī*

Effect on *Tridōṣa*: Pacifies *vāta*, *pitta* and *kapha.*
Therapeutics: Hemorrhoids and phthisis.

3.68: *Aśvagandhā -Withania somnifera* Dunal. (Solanaceae)

गन्धान्तावाजिनामादिरश्वगन्धाहयाह्वया ।
वराहकर्णीवरदाबलदाकुष्ठगन्धिनी ॥१६१॥
अश्वगन्धाऽनिलश्लेष्मश्वित्रशोथक्षयापहा ।
बल्यारसायनीतिक्ताकषायोष्णाऽतिशुक्रला ॥१६२॥

Synonyms:*Gandhāntā, vājināmā, hayāhvayā, varāhakarṇī, varadā, baladā* and *kuṣṭhagandhinī.*
Rasa* (Taste):Kṣāya* (astringent) and *tikta* (bitter).
***Vīrya* (Potency):** *Ūṣana* (hot).
Effect on *Tridōṣa*: Pacifies *vāta* and *kapha.*
Action: Tonic and spermopiotic.
Therapeutics: Leucoderma, edema and phthisis.

3.69: *Patha-Cissampelos pareira* L. (Menispermaceae)

पाठाम्बष्ठाम्बष्ठकीचप्राचीनापापचेलिका ।
एकाष्ठीलारसाप्रोक्तापाठिकावरतिक्तिका ॥१६३॥
पाठोष्णाकटुकातीक्ष्णावातश्लेष्महरीलघुः ।
हन्तिशूलज्वरच्छर्दिकुष्ठातीसारहृद्रुजः ।
दाहकण्डूविषश्वासकृमिगुल्मगरव्रणान् ॥१६४॥

Synonyms:*Ambaṣṭhā, ambaṣṭhakī, prācīnā, pāpacēlikā, ēkāṣṭhīlā, rasā, pāṭhikā* and *varatiktikā.*
Rasa* (Taste):Kaṭu* (pungent) and *tikta* (bitter).
Guṇa* (Property):Laghu* (light) and *tīkṣana* (sharp).
***Vīrya* (Potency):** *Ūṣana* (hot).
Effect on *Tridōṣa*: Pacifies *vāta* and *kapha*.
Therapeutics: Colic, fever, vomiting, skin diseases, diarrhea, heart ailments, pruritis, poisoning, asthma, worm infestation, abdominal tumor, abdominal diseases and ulcer.

3.70.1: *Śvētātrivṛt-Operculina turpethum* (L.) Silva Manso(Convolvulaceae)

श्वेतात्रिवृताभण्डीस्यात्त्रिवृतात्रिपुटापिच ।
सर्वानुभूतिःसरलानिशोत्रारेचनीतिच ॥१६५॥
श्वेतात्रिवृद्रेचनीस्यात्स्वादुरुष्णासमीरहृत् ।
रूक्षापित्तज्वरश्लेष्मपित्तशोथोदरापहा ॥१६६॥

Synonyms:*Śvētā, trivṛtā, bhaṇḍī, trivṛtā, tripuṭa, sarvānubhūti, saralā, niśōtrā* and *rēcana.*
Rasa* (Taste):Madhura* (Sweet).
Guṇa* (Property):Rūkṣa* (ununctuous).
***Vīrya* (Potency):** *Ūṣana* (hot).
Effect on *Tridōṣa*: Pacifies *vāta, pitta* and *kapha.*
Action: Purgative.
Therapeutics: Edema and abdominal diseases.

3.70.2: *Śyāmātrivṛt-Ipomoea petaloides* Choisy (Convolvulaceae)

त्रिवृत्श्यामार्द्धचन्द्राचपालिन्दीचसुषेणिका।
मसूरविदलाकोलकैषिकाकालमेषिका ॥१६७॥
श्यामात्रिवृत्ततोहीनगुणातीव्रविरेचिनी।
मूर्च्छादाहमदभ्रान्तिकण्ठोत्कर्षणकारिणी ॥१६८॥

Synonyms:*Arddhacandrā, pālindī, suṣēṇikā, masūravidalā, kōlakaiṣikā* and *kālamēṣikā*
Action: Drastic purgative. *Śyāmātrivṛt* produces poisonous symptoms like coma, vertigo and irritation in the throat.

3.71.1: *Laghudantī- Baliospermum montanum* L. (Euphorbiaceae)

लघुदन्तीविशल्याचस्यादुदुम्बरपर्ण्यपि।
तथैरण्डफलाशीघ्राश्येनघण्टाघुणप्रिया।
वाराहाङ्गीचकथितानिकुम्भश्चमकूलकः ॥१६९॥
द्रवन्तीसाम्बरीचित्राप्रत्यकपर्ण्यर्कपर्ण्यपि।
चित्रोपचित्रान्यग्रोधीप्रत्यकच्छ्रेण्याखुकर्ण्यपि ॥१७०॥
दन्तीद्वयंसरंपाकेरसेचकटुदीपनम्।
गुदाङ्कुराश्मशूलार्शःकण्डूकुष्ठविदाहनुत्।
तीक्ष्णोष्णंहन्तिपित्तास्रकफशोथोदरकृमीन् ॥१७१॥
क्षुद्रदन्तीफलंतुस्यान्मधुरंरसपाकयोः।
शीतलंसृष्टविण्मूत्रंगरशोथकफापहम् ॥१७२॥

Synonyms:*Viśalyā, udumbaraparṇī, ēraṇḍaphalā, śīghrā, śyēnaghaṇṭā, ghuṇapriyā, vārāhāṅgī, nikumbha* and *makūlaka*.
Rasa* (Taste):Kaṭu* (pungent).
Guṇa* (Property):Tīkṣana* (sharp).
***Vīrya* (Potency):** *Ūṣana* (hot).

Vipāka* (Post digestion effect):Kaṭu* (pungent).
Effect on *Tridōṣa*: Pacifies *kapha*.
Action: Purgative and appetizer.
Therapeutics: Hemorrhoids, calculus, colic, blood diseases, pruritis, burning sensation, skin diseases, epistaxis, edema, abdominal diseases and worm infestation.

3.71.2: *Bṛhaddantī-Jatropha multifida* L. (Euphorbiaceae)

Synonyms:*Dravantī, sāmbarī, citrā, pratyakparṇī, arkaparṇyī, citra, ōpacitrā, nyagrōdhī, pratyakcchrēṇī* and *ākhukarṇyī*.
Rasa* (Taste):Kaṭu* (pungent).
Guṇa* (Property):Tīkṣana* (sharp).
***Vīrya* (Potency):** *Ūṣana* (hot).
Vipāka* (Post digestion effect):Kaṭu* (pungent).
Effect on *Tridōṣa*: Pacifies *kapha*.
Action: Purgative and appetizer.
Therapeutics: Hemorrhoids, calculus, colic, blood diseases, pruritis, burning sensation, skin diseases, epistaxis, edema, abdominal diseases and worm infestation.

3.71.3: Fruit of *Laghudantī*

Rasa* (Taste):Madhura* (sweet).
***Vīrya* (Potency):** *Śīta* (cold).
Vipāka*(Post digestion effect):Madhura* (sweet).
Effect on *Tridōṣa*: Pacifies *kapha*.
Action: Purgative and diuretic.
Therapeutics: Poisoning and edema.

3.72.1: *Īndravāruṇī-Citrullus colocynthis* Schrad (Cucurbitaceae)

ऐन्द्रीन्द्रवारुणीचित्रागवाक्षीचगवादिनी।
वारुणीचपराप्युक्तासाविशालामहाफला।
श्वेतपुष्पामृगाक्षीचमृगैर्वारुमृगादनी ॥१७४॥
गवादिनीद्वयंतिक्तंपाकेकटुसरंलघु।

वीर्योष्णंकामलापित्तकफप्लीहोदरापहम् ||१७५||
श्वासकासापहंकुष्ठगुल्मग्रन्थिव्रणप्रणुत् |
प्रमेहमूढगर्भामगण्डामयविषापहम् ||१७६||

Synonyms:*Aindrīndravāruṇī, citrā, gavākṣī* and *gavādinī.*
Rasa* (Taste):Tikta* (bitter).
Guṇa* (Property):Laghu* (light).
***Vīrya* (Potency):** *Ūṣana* (hot).
Vipāka* (Post digestion effect):Kaṭu* (pungent).
Effect on *Tridōṣa*: Pacifies *pitta* and *kapha.*
Action: Purgative.
Therapeutics: Jaundice, spleen diseases, abdominal diseases, asthma, cough, skin diseases, abdominal tumor, adenitis, ulcer, polyuria, malpresentation of the uterus, indigestion, goiter and poisoning.

3.72.2: *Viśālā-Trichosanthes bracteata* (Lam) Voigt.(Cucurbitaceae)

Synonyms:*Parāpyuktā, viśālā, mahāphalā, śvētapuṣpā, mṛgākṣī, mṛgairvāru* and *mṛgādanī.*
Rasa* (Taste):Tikta* (bitter).
Guṇa* (Property):Laghu* (light).
***Vīrya* (Potency):** *Ūṣana* (hot).
Vipāka* (Post digestion effect):Kaṭu* (pungent).
Effect on *Tridōṣa*: Pacifies *pitta* and *kapha*.
Action: Purgative.
Therapeutics: Jaundice, spleen diseases, abdominal diseases, asthma, cough, skin diseases, abdominal tumor, adenitis, ulcer, polyuria, malpresentation of the uterus, indigestion, goiter and poisoning.

3.73: *Nilī-Indigofera tinctoria* L. (Fabaceae)

नीलीतुनीलिनीतूलीकालदोलाचनीलिका |
रञ्जनीश्रीफलीतुत्थाग्रामीणामधुपर्णिका |
क्लीतकाकालकेशीचनीलपुष्पाचसास्मृता ||१७७||

नीलिनीरेचनीतिक्ताकेश्यामोहभ्रमापहा।
उष्णाहन्त्युदरप्लीहवातरक्तकफानिलान्।
आमवातमुदावर्तमदंचविषमुद्‌धतम्॥१७८॥

Synonyms:*Nīlinī, tūlī, kāladōlā, nīlikā, rañjanī, śrīphalī, tutthā, grāmīṇā, madhuparṇikā, klītakā, kālakēśī* and *nīlapuṣpā*.
Rasa* (Taste):Tikta* (Bitter).
Guṇa* (Property):Laghu* (light).
***Vīrya* (Potency):** *Ūṣana* (hot).
Effect on *Tridōṣa*: Pacifies *vāta* and *kapha*.
Action: Purgative.
Therapeutics: Vertigo, abdominal diseases, spleen diseases, gout, rheumatism, flatulence, alcoholism and acute poisoning.

3.74: *Śarapuṅkha-Tephrosia purpurea* (L.) Pers.(Fabaceae)

शरपुङ्खःप्लीहशत्रुर्नीलीवृक्षाकृतिश्चसः।
शरपुङ्खोयकृत्प्लीहगुल्मव्रणविषापहः।
तिक्तःकषायःकासास्श्वासज्वरहरोलघुः॥१७९॥

Synonyms:*Plīhaśatru* and *nīlīvṛkṣākṛti.*
Rasa* (Taste):Tikta* (Bitter) and *kśāya* (astringent).
Guṇa* (Property):Laghu* (light).
Therapeutics: Liver diseases, spleen diseases, abdominal tumor, ulcer, poisoning, cough, blood diseases, asthma and fever.

3.75.1: *Yavāsa-Alhagi camelorum* DC (Fabaceae)

यासोयवासोदुःस्पर्शोधन्वयासःकुनाशकः।
दुरालभादुरालम्भासमुद्रान्ताचरोदिनी।
गान्धारीकच्छुराऽनन्ताकषायाहरिविग्रहा॥१८०॥
यासःस्वादुःसरस्तिक्तस्तुवरःशीतलोलघुः।

कफमेदोमदभ्रान्तिपित्तासृक्कुष्ठकासजित् ॥१८१॥
तृष्णाविसर्पवातास्रवमिज्वरहरःस्मृतः ।
यवासस्यगुणैस्तुल्याबुधैरुक्तादुरालभा ॥१८२॥

Synonyms:*Yāsa, duḥsparśa dhanvayāsa* and *kunāśaka.*
Rasa* (Taste):Madhura* (sweet), *tikta* (bitter) and *kśāya* (astringent).
Guṇa* (Property):Laghu* (light).
***Vīrya* (Potency):** *Śīta* (cold).
Effect on *Tridōṣa*: Pacifies *kapha.*
Action: Laxative.
Therapeutics: Obesity, melancholia, epistaxis, skin diseases, cough, thirst, erysipelas, gout, vomiting and fever.

3.75.2: *Durālabhā-Fagonia arabica* L. (Zygophyllaceae)

Synonyms:*Durālambhā, samudrāntā, rōdinī, gāndhārī, kacchurā, anantā, kaṣāyā* and *harivigrahā.*
Rasa* (Taste):Madhura* (sweet), *tikta* (bitter) and *kśāya* (astringent).
Guṇa* (Property):Laghu* (light).
***Vīrya* (Potency):** *Śīta* (cold).
Effect on *Tridōṣa*: Pacifies *kapha.*
Action: Laxative.
Therapeutics: Obesity, melancholia, epistaxis, skin diseases, cough, thirst, erysipelas, gout, vomiting and fever.

3.76.1: *Śrāvaṇī-Sphaeranthus indicus* L. (Asteraceae)

मुण्डीभिक्षुरपिप्रोक्ताश्रावणीचतपोधना ।
श्रवणाह्वामुण्डतिकातथाश्रवणशीर्षका ॥१८३॥
महाश्रावणिकाऽन्यातुसास्मृताभूकदम्बिका ।
कदम्बपुष्पिकाचस्यादव्यथाऽतितपस्विनी ॥१८४॥
मुण्डीतिक्ताकटुःपाकेवीर्योष्णामधुरालघुः ।

मेध्यागण्डापचीकृच्छ्रकृमियोन्यर्तिपाण्डुनुत् ||१८५||
श्लीपदारुच्यपस्मारप्लीहमेदोगुदार्तिहृत् |
महामुण्डीचतत्तुल्यागुणैरुक्तामहर्षिभिः ||१८६||

Synonyms:*Muṇḍī, bhikṣurapi, prōktā, śrāvaṇī, tapōdhanā, śravaṇāhvā, muṇḍatikā* and *śravaṇaśīrṣakā.*
Rasa* (Taste):Madhura* (sweet).
Guṇa* (Property):Laghu* (light).
***Vīrya* (Potency):** *Ūṣana* (hot).
Vipāka* (Post digestion effect):Kaṭu* (pungent).
Effect on *Tridōṣa*: Pacifies *kapha.*
Action: Nootropic.
Therapeutics: Goiter, cervical adenitis, dysuria, worm infestation, diseases of the vagina, anemia, filariasis, anorexia, epilepsy, spleen diseases, obesity and hemorrhoids.

3.76.2: *Mahāśrāvaṇī-Sphaeranthus africans* L. (Asteraceae)

Synonyms:*Mahāśrāvaṇikā, bhūkadambikā, kadambapuṣpikā, vyathā* and *atitapasvinī.*
Rasa* (Taste):Madhura* (sweet).
Guṇa* (Property):Laghu* (light).
***Vīrya* (Potency):** *Ūṣana* (hot).
Vipāka* (Post digestion effect):Kaṭu* (pungent).
Effect on *Tridōṣa*: Pacifies *kapha.*
Action: Nootropic.
Therapeutics: Goiter, cervical adenitis, dysuria, worm infestation, diseases of the vagina, anemia, filariasis, anorexia, epilepsy, spleen diseases, obesity and hemorrhoids.
Note: *Mahāśrāvaṇī* is therapeutically superior to *śrāvaṇī.*

3.77.1: *Apāmārga-Achyranthes aspera* L. (Amaranthaceae)

अपामार्गस्तुशिखरीह्यधःशल्योमयूरकः |
मर्कटीदुर्ग्रहाचापिकिणिहीखरमञ्जरी ||१८७||
अपामार्गःसरस्तीक्ष्णोदीपनःतिक्तकःकटुः |

पाचनोरोचनश्छर्दिकफमेदोऽनिलापहः |
निहन्तिहृद्रुजाध्मानकण्डूशूलोदरापचीः ||१८८||

Synonyms: *Śikharī, hyadhaḥśalyō mayūraka, markaṭī durgrahā, kiṇihī* and *kharamañjarī*.

Rasa **(Taste):** *Tikta* (Bitter) and *kaṭu*(pungent).
Guṇa **(Property):** *Tīkṣana*.
Effect on *Tridōṣa***:** Pacifies *vāta* and *kapha*.
Action: Laxative, appetizer and digestive.
Therapeutics: Vomiting, obesity, heart ailments, tympanites, hemorrhoids, pruritis, colic, abdominal diseases and cervical adenitis.

3.77.2: *Raktāpāmārga-Cyathula prostrata* (L.) Blume (Amaranthaceae)

Synonyms: *Vasira, vṛttaphala, dhāmārgava, pratyakparṇī, kēśaparṇī* and *kapipippalī*.
Rasa **(Taste):** *Tikta* (bitter) and *kaṭu* (pungent).
Guṇa **(Property):** *Rūkṣa* (ununctuous).
Vīrya **(Potency):** *Śīta* (cold).
Effect on *Tridōṣa***:** Pacifies *vāta* and *kapha*.
Note: It is inferior in medicinal properties as compared to *Apamarga* (*Achyranthes aspera*).

3.77.3: Fruit of *apāmārga*

Rasa **(Taste):** *Madhura* (sweet).
Guṇa **(Property):** *Rūkṣa* (ununctuous).
Vipāka **(Post digestion effect):** *Madhura* (sweet).
Effect on *Tridōṣa***:** Aggravates *vāta*.
Therapeutics: Epistaxis.
Note: The fruit of *apāmārga* disturbs digestion.

3.78: *Kōkilākṣa-Astercantha longifolia* L. (Acanthaceae)

कोकिलाक्षस्तुकाकेक्षुरिक्षुरःक्षुरकःक्षुरः |

भिक्षुःकाण्डेक्षुरप्युक्तइक्षुगन्धेक्षुबालिका ॥१९२॥
क्षुरकःशीतलोवृष्यःस्वाद्वम्लःपित्तलस्तथा ।
तिक्तोवातामशोथाश्मतृष्णादृष्ट्यनिलास्रजित् ॥१९३॥

Synonyms:*Kākēkṣu, ikṣura, kṣuraka, kṣura, bhikṣu, kāṇḍēkṣurapyukta, ikṣugandha* and *ikṣubālikā.*
Rasa* (Taste):Madhura* (sweet), *amla* (sour) and *tikta* (bitter).
Guṇa* (Property):Laghu* (light) and *picila* (viscid).
***Vīrya* (Potency):** *Śīta* (cold).
Effect on *Tridōṣa*: Pacifies *vāta*.
Action: Aphrodisiac.
Therapeutics: Indigestion, edema, calculus, thirst, eye diseases and gout.

3.79.1: *Asthisaṁhāra-Cissus quadrangularis* L. (Vitaceae)

ग्रन्थिमानस्थिसंहारीवज्राङ्गीवास्थिशृङ्खला ।
अस्थिसंहारकःप्रोक्तोवातश्लेष्महरोऽस्थियुक् ।
उष्णःसरःकृमिघ्नश्चदुर्नामघ्नोऽक्षिरोगजित् ।
रूक्षःस्वादुर्लघुर्वृष्यःपाचनःपित्तलःस्मृतः ॥१९४॥
कण्डूत्वग्विरहितमस्थिशृङ्खलायामाषार्द्रंद्विदलमकञ्चुकंतदर्द्धम् ।
सम्पिष्टंतदनुततस्तिलस्यतैलेसंपक्वंवटकमतीववातहारि ॥१९५॥

Synonyms:*Granthimān, asthisaṁhārī, vajrāṅgī, vāsthiśṛṅkhalā* and *asthisaṁhāraka.*
Rasa* (Taste):Madhura* (sweet), *amla* (sour) and *tikta* (bitter).
Guṇa* (Property):Laghu* (light).
Effect on *Tridōṣa*: Pacifies *vāta* but aggravates *pitta*.
Action: Digestive, laxative and aphrodisiac.
Therapeutics: Fractures and eye diseases.

3.79.2: Preparation of Pill of *asthisaṁhāra*

Method: Pill is prepared from bark of the tree and pulse of *māṣa* and processing them in *tila taila*.

Effect on *Tridōṣa*: Pacifies *vāta.*

3.80: *Kumārī-Aloe vera* (L.) Burm.f. (Asphodelaceae)

कुमारीगृहकन्याचकन्याघृतकुमारिका ।
कुमारीभेदनीशीतातिक्तानेत्र्यारसायनी ।
मधुराबृंहणीबल्यावृष्यावातविषप्रणुत् ॥१९६॥
गुल्मप्लीहयकृद्वृद्धिकफज्वरहरीहरेत् ।
ग्रन्थ्यग्निदग्धविस्फोटपित्तरक्तत्वगामयान् ॥१९७॥

Synonyms:*Gṛhakanyā, kanyā* and *ghṛtakumārikā.*
Rasa* (Taste):Madhura* (sweet) and *tikta* (bitter).
Guṇa* (Property):Laghu* (light).
***Vīrya* (Potency):** *Śīta* (cold).
Effect on *Tridōṣa*: Pacifies *vāta* and *pitta.*
Action: Laxative, tonic, anabolic and aphrodisiac.
Therapeutics: Eye diseases, poisoning, abdominal tumor, spleen diseases, hepatomegaly or enlarged liver, fever caused by vitiation of *kapha,* burns, eruptions, blood diseases and skin diseases.

3.81.1: *Punarnavā-Trianthema portulacastrum* L. (Aizoaceae)

पुनर्नवाश्वेतमूलाशोथघ्नीदीर्घपत्रिका ।
कटुकषायानुरसापाण्डुघ्नीदीपनीपरा ।
शोफानिलगरश्लेष्महरीव्रण्योदरप्रणुत् ॥१९८॥

Synonyms:*Śvētamūlā, śōthaghnī* and *dīrghapatrikā.*
Rasa* (Taste):Kaṭu* (pungent) and *kṣāya* (astringent).
Effect on *Tridōṣa*: Pacifies *vāta* and *kapha.*
Action: Appetizer.
Therapeutics: Anemia, edema, poisoning, hernia and abdominal diseases.

3.81.2: *Raktapunarnavā-Boerhaavia diffusa* L. (Nyctaginaceae)

पुनर्नवापरारक्तारक्तपुष्पाशिलाटिका।
शोथघ्नःक्षुद्रवर्षाभूर्वृषकेतुःकपिल्लकः ॥१९९॥
पुनर्नवारुणातिक्ताकटुपाकाहिमालघुः।
वातलाग्राहिणीश्लेष्मपित्तरक्तविनाशिनी ॥२००॥

Synonyms:*Raktapuṣpā, śilāṭikā, śōthaghna, kṣudravarṣābhū, vṛṣakētu* and *kapillaka*.
Rasa* (Taste):Tikta* (bitter).
Guṇa* (Property):Laghu* (light).
***Vīrya* (Potency):** *Śīta* (cold).
Vipāka* (Post digestion effect):Kaṭu* (Pungent).
Effect on *Tridōṣa*: Pacifies *pitta* and *kapha* but aggravates *vāta*.
Action: Antidiarrhoeal.
Therapeutics: Blood diseases.

3.82: *Gandhaprasāraṇī -Paederia foetida* L. (Rubiaceae)

प्रसारणीराजबलाभद्रपर्णीप्रतापनी।
सरणीसारणीभद्राबलाचापिकटम्भरा ॥२०१॥
प्रसारिणीगुरुर्वृष्याबलसन्धानकृत्सरा।
वीर्योष्णावातहृत्तिक्तावातरक्तकफापहा ॥२०२॥

Synonyms:*Prasāraṇī, rājabalā, bhadraparṇī, pratāpanī, saraṇī, sāraṇī, bhadrā, balā* and *kaṭambharā*.
Rasa* (Taste):Tikta* (bitter).
Guṇa* (Property):Gurū* (heavy).
***Vīrya* (Potency):** *Ūṣana* (hot).
Vipāka* (Post digestion effect):Kaṭu* (Pungent).
Effect on *Tridōṣa*: Pacifies *pitta* and *kapha*.
Action: Tonic, aphrodisiac, laxative and promotes union of fractures.
Therapeutics: Gout.

3.83.1: *Kṛṣṇasārivā-Ichnocarpus frutescens* (L.) W.T.Aiton (Apocynaceae)

इन्द्रजम्बूकवत्पत्रासुगन्धाकलघण्टिका।
कृष्णातुशारिवाश्यामागोपीगोपवधूश्चसा ॥२०३॥

Description: The leaves of *kṛṣṇasārivā*are similar to *jambū* and are aromatic.
Synonyms:*Indrajambūkavatpatrā, sugandhā, kalaghaṇṭikā, kṛṣṇā, śārivā, śyāmā, gōpī* and *gōpavadhū.*
Rasa* (Taste):Madhura* (sweet).
***Guṇa* (Property):** *Gurū* (Heavy) and *snigdha* (unctuous).
Effect on *Tridōṣa*: Pacifies *vāta*, *pitta* and *kapha*.
Action: Aphrodisiac.
Therapeutics: Anorexia, asthma, cough, indigestion, poisoning, uterine bleeding, fever and diarrhea.

3.83.2: *Śhvētasārivā-Hemidesmus indicus* (L.) R.Br. (Apocynaceae)

धवलाशारिवागोपीगोपाकन्याकृशोदरी।
स्फोटाश्यामागोपवल्लीलतास्फोताचचन्दना ॥२०४॥
सारिवायुगलंस्वादुस्निग्धंशुक्रकरंगुरु।
अग्निमान्द्यारुचिश्वासकासामविषनाशनम्।
दोषत्रयास्रप्रदरज्वरातीसारनाशनम् ॥२०५॥

Description: *Śhvētasārivā*is a twining plant.The leaf of *śvētasārivā* is similar to jambū and abounds in milky juice.
Synonyms:*Dhavalā, śārivā, gōpī, gōpā, kanyā, kṛśōdarī, sphōṭā, śyāmā, gōpavallī, latāsphōtā* and *candanā.*
Rasa* (Taste):Madhura* (sweet).
***Guṇa* (Property):** *Gurū* (Heavy) and *snigdha* (unctuous).
Effect on *Tridōṣa*: Pacifies *vāta*, *pitta* and *kapha*.
Action: Aphrodisiac.
Therapeutics: Anorexia, asthma, cough, indigestion, poisoning, uterine bleeding, fever and diarrhea.

3.84: *Bhṛṅgrāja-Eclipta alba* L. (Asteraceae)

भृङ्गराजोभृङ्गरजोमार्कवोभृङ्गएवच ।
अङ्गारकःकेशराजोभृङ्गारःकेशरञ्जनः ॥२०६॥
भृङ्गारःकटुकस्तीक्ष्णोरूक्षोष्णःकफवातनुत् ।
केश्यस्त्वच्यःकृमिश्वासकासशोथामपाण्डुनुत् ।
दन्त्योरसायनोबल्यःकुष्ठनेत्रशिरोऽर्तिनुत् ॥२०७॥

Synonyms:*Bhṛṅgaraja, mārkava, bhṛṅga, aṅgāraka, kēśarāja, bhṛṅgāra* and *kēśarañjana.*
Rasa* (Taste):Kaṭu* (Pungent).
***Guṇa* (Property):** *Rūkṣa* (unctuous) and *tikṣana* (sharp).
***Vīrya* (Potency):** *Ūṣana* (Hot).
Effect on *Tridōṣa*: Pacifies *vāta* and *kapha*.
Action: Alterative and tonic.
Therapeutics: Diseases of the skin, hair and teeth, worm infestation, asthma, cough, edema, indigestion, anemia, eye ailments and headache.

3.85:*Śaṇapuśpī- Crotalaria juncea* L. (Fabaceae)

शणपुष्पीस्मृताघण्टाशणपुष्पसमाकृतिः ।
शणपुष्पीकटुस्तिक्तावामिनीकफपित्तजित् ॥२०८॥

Synonyms:*Ghaṇṭā* and *śaṇapuṣpasamākṛti.*
Rasa* (Taste):Kaṭu* (pungent) and *tikta* (pungent).
Effect on *Tridōṣa*: Pacifies *pitta* and *kapha*.
Action: Emetic.

3.86:*Trāyamāṇa-Gentiana kurroo* Royle (Gentianaceae)

बलभद्रात्रायमाणात्रायन्तीगिरिसानुजा ।
त्रायन्तीतुवरातिक्तासरापित्तकफापहा ।
ज्वरहृद्रोगगुल्मार्शोभ्रमशूलविषप्रणुत् ॥२०९॥

Synonyms:*Balabhadrā, trāyamāṇā, trāyantī* and *girisānujā.*
Rasa* (Taste):Tikta* (pungent) and *kṣāya* (astringent).
Effect on *Tridōṣa*: Pacifies *pitta* and *kapha*.
Action: Laxative.
Therapeutics: Fever, heart ailments, abdominal tumor, hemorrhoids, vertigo, colic and poisoning.

3.87: *Murvā-Marsdenia tenacissima* (Roxb.) Wight et Arn.(Asclepiadaceae)

मूर्वामधुरसादेवीमोरटातेजनीस्रुवा |
मधूलिकामधुश्रेणीगोकर्णीपीलुपर्ण्यपि |
मूर्वासरागुरुःस्वादुस्तिक्तापित्तास्रमेहनुत् |
त्रिदोषतृष्णाहृद्रोगकण्डूकुष्ठज्वरापहा ||२१०||

Synonyms:*Madhurasā, dēvī, mōraṭā, tējanī, sruvā, madhūlikā, madhuśrēṇī, gōkarṇī* and *pīluparṇī.*
Rasa* (Taste):Madhura* (sweet) and *tikta* (pungent).
***Guṇa* (Property):** *Gurū* (heavy).
Effect on *Tridōṣa*: Pacifies *vāta*, *pitta* and *kapha*.
Action: Laxative.
Therapeutics: Epistaxis, polyuria, thirst, heart ailments, pruritis, skin diseases and fever.

3.88: *Kākamācī-Solanum nigrum* L. (Solanaceae)

काकमाचीध्वाङ्क्षमाचीकाकाह्वाचैववायसी |
काकमाचीत्रिदोषघ्नीस्निग्धोष्णास्वरशुक्रदा |
तिक्तारसायनीशोथकुष्ठार्शोज्वरमेहजित् |
कटुर्नेत्रहिताहिक्काच्छर्दिहृद्रोगनाशिनी ||२११||

Synonyms:*Dhvāṅkṣamācī, kākāhvā, vāyasī, kākamācī, tridōṣaghnī, snigdhōṣṇā* and *svaraśukradā.*
Rasa* (Taste):Kaṭu* (pungent) and *tikta* (pungent).
***Guṇa* (Property):** *Snigdha* (unctuous).
***Vīrya* (Potency):** *Ūṣana* (Hot).

Effect on *Tridōṣa*: Pacifies *vāta*, *pitta* and *kapha*.
Action: Spermopiotic and tonic.
Therapeutics: Hoarseness of voice, eye diseases, edema, skin diseases, hemorrhoids, fever, polyuria, hiccough, vomiting and heart ailments.

3.89: *Kākanāsā-Pentatropis capensis* (Linn.f.) Bullock. (Asclepiadaceae)

Synonyms:*Kākāṅgī* and *kākatuṇḍaphalā*.
Rasa* (Taste):Kaṭu* (pungent), *tikta* (pungent) and *kṣāya* (astringent).
***Guṇa* (Property):** *Snigdha* (unctuous).
***Vīrya* (Potency):** *Ūṣana* (hot).
Effect on *Tridōṣa*: Pacifies *kapha*.
Action: Emetic.
Therapeutics: Edema, hemorrhoids and leucoderma.

3.90: *Kākajaṅghā-Peristrophe bicalyculata* (Retz.) Nees.(Acanthaceae)

काकजङ्घानदीकान्ताकाकतिक्तासुलोमशा।
पारावतपदीदासीकाकाचापिप्रकीर्तिता ॥२१३॥
काकजंघाहितातिक्ताकषायाकफपित्तजित्।
निहन्तिज्वरपित्तास्रव्रणकण्डूविषकृमीन् ॥२१४॥

Synonyms:*Nadīkāntā, kākatiktā, sulōmaśā, pārāvatapadī, dāsī* and *kākā*.
Rasa* (Taste):Tikta* (pungent) and *kṣāya* (astringent).
***Vīrya* (Potency):** *Śīta* (cold).
Effect on *Tridōṣa*: Pacifies *pitta* and *kapha*.
Therapeutics: Fever, epistaxis, ulcer, pruritis, poisoning and worm infestation.

3.91: *Nāgapuṣpī-Benincasa cerifera* Sav (Cucurbitaceae)

नागपुष्पीश्वेतपुष्पानागिनीरामदूतिका।
नागिनीरोचनीतिक्तातीक्ष्णोष्णाकफपित्तनुत्।

विनिहन्तिविषंशूलंयोनिदोषवमिकृमीन् ||२१५||

Synonyms:*Śvētapuṣpā, nāginī* and *rāmadūtikā.*
Rasa*(Taste):Tikta*(pungent).
***Guṇa* (Property):** *Tīkṣana* (sharp).
***Vīrya* (Potency):** *Ūṣana* (hot).
Effect on *Tridōṣa*: Pacifies *pitta* and *kapha*.
Action: Appetizer.
Therapeutics: Poisoning, colic, diseases of the vagina, vomiting and worm infestation.

3.92.1: *Mēṣaśṛṅgī-Gymnema sylvestre* R. Br. (Apocynaceae)

मेषशृङ्गीविषाणीस्यान्मेषवल्ल्यजशृङ्गिका |
मेषशृङ्गीरसेतिक्तावातलाश्वासकासहृत् |
रूक्षापाकेकटुस्तिक्ताव्रणश्लेष्माक्षिशूलनुत् ||२१६||
मेषशृङ्गीफलंतिक्तंकुष्ठमेहकफप्रणुत् |
दीपनंस्रंसनंकासकृमिव्रणविषापहम् ||२१७||

Synonyms:*Viṣāṇī, mēṣavallī* and *ajaśṛṅgikā.*
Rasa*(Taste):Tikta*(pungent).
***Vīrya* (Potency):** *Ūṣana* (hot).
***Vipāka* (Post digestion effect):** *Kaṭu* (pungent).
Effect on *Tridōṣa*: Pacifies *pitta* and *kapha*.
Therapeutics: Cough, asthma, ulcer and pain in the eye.

3.92.2: Fruit of *Mēṣaśṛṅgī*

Rasa*(Taste):Tikta*(bitter).
***Vīrya* (Potency):** *Ūṣana* (hot).
***Vipāka* (Post digestion effect):** *Kaṭu* (pungent).
Effect on *Tridōṣa*: Pacifies *kapha* but aggravates *vāta*.
Action: Appetizer and laxative.
Therapeutics: Polyuria, cough, worm infestation, ulcer and poisoning.

3.93: *Haṁsapādī-Adiantum lunulatum* Burm. f. (Pteridaceae)

हंसपादीहंसपदीकीटमातात्रिपादिका।
हंसपादीगुरुःशीताहन्तिरक्तविषव्रणान्।
विसर्पदाहातीसारलूताभूताग्निरोहिणीः ॥२१८॥

Synonyms:*Kīṭamātā* and *tripādikā*.
Rasa**(Taste):***Tikta*(bitter).
Guṇa**(Property):** *Gurū* (heavy).
***Vīrya* (Potency):** *Śīta* (cold).
Therapeutics: Diseases of the blood, poisoning, ulcer, erysipelas, burning sensation, diarrhoea, spider poisoning, microbial infections and eruptions.

3.94: *Somlatā-Sarcostemma brevistigma* Wight & Arn. (Asclepiadaceae)

सोमवल्लीसोमलतासोमक्षीरीद्विजप्रिया।
सोमवल्लीत्रिदोषघ्नीकटुस्तिक्तारसायनी ॥२१९॥

Synonyms:*Sōmavallī, sōmakṣīrī* and *dvijapriyā*.
Rasa* (Taste):Kaṭu* (pungent) and *tikta* (bitter).
Effect on *Tridōṣa*: Pacifies *vāta*, *pitta* and *kapha*.
Action: Tonic.

3.95: *Ākāśavallī-Cuscuta reflexa* Roxb. (Convolvulaceae)

आकाशवल्लीतुबुधैःकथिताऽमरवल्लरी।
खवल्लीग्राहिणीतिक्तापिच्छिलाक्ष्मामयापहा।
तुवराऽग्निकरीहृद्यापित्तश्लेष्मामनाशिनी ॥२२०॥

Synonyms:*Budhai* and *amaravallarī*.
Rasa* (Taste):Tikta* (pungent) and *kṣāya* (astringent).
Guṇa**(Property):** *Picila* (viscid).
***Vīrya* (Potency):** *Ūṣana* (hot).

Effect on *Tridōṣa*: Pacifies *pitta* and *kapha*.
Action: Antidiarrhoeal, appetizer, cardiac tonic.
Therapeutics: Indigestion and eye ailments.

3.96: *Pātālagaruḍī-Cocculus hirsutus* (L.) Diels (Menispermaceae)

छिलिहिण्टोमहामूलःपातालगरुडाह्वयः ।
छिलिहिण्टःपरंवृष्यःकफघ्नःपवनापहः ॥२२१॥

Synonyms:*Chilihiṇṭa, mahāmūla* and *pātālagaruḍā*.
Effect on *Tridōṣa*: Pacifies *vāta* and *kapha*.
Action: Aphrodisiac.

3.97: *Vandā-Loranthus falcatus* L. f. (Loranthaceae)

वन्दावृक्षादनीवृक्षभक्ष्यावृक्षरुहापिच ।
बन्दाकःस्याद्धिमस्तिक्तःकषायोमधुरोरसे ।
माङ्गल्यःकफवातास्रक्षोव्रणविषापहः ॥२२२॥

Synonyms:*Vṛkṣādanī, vṛkṣabhakṣyā* and *vṛkṣaruhā*.
Rasa* (Taste):Madhura* (sweet), *tikta* (bitter) and *kṣāya* (astringent).
***Vīrya* (Potency):** *Śīta* (cold).
Effect on *Tridōṣa*: Pacifies *kapha*.
Therapeutics: Gout, microbial infections, ulcer and poisoning.

3.98: *Vaṭapatrī*

वटपत्रीतुकथितामोहिनीरेचनीबुधैः ।
वटपत्रीकषायोष्णायोनिमूत्रगदापहा ॥२२३॥

Synonyms:*Mōhinī* and *rēcanī*.

Rasa* (Taste):Kṣāya* (astringent).

***Vīrya* (Potency):** *Ūṣana* (hot).
Effect on *Tridōṣa*: Pacifies *kapha*.
Therapeutics: Diseases of the vagina and urinary tract.

3.99: *Hiṅgupatrī-Ferula jaeschkeana* Vatke. (Apiaceae)

हिङ्गुपत्रीतुकबरीपृथ्वीकापृथकापृथुः।
हिङ्गुपत्रीभवेद्रुच्यातीक्ष्णोष्णापाचनीकटुः।
हृद्बस्तिरुग्विबन्धार्शःश्लेष्मगुल्मानिलापहा॥२२४॥

Synonyms:*Kabarī, pṛthvīkā, pṛthakā* and *pṛthu.*
Rasa* (Taste):Kaṭu* (pungent).
***Guṇa* (Property):** *Tīkṣana* (sharp).
***Vīrya* (Potency):** *Ūṣana* (hot).
Effect on *Tridōṣa*: Pacifies *vāta* and *kapha*.
Action: Appetizer and digestive.
Therapeutics: Diseases of the heart and urinary bladder, constipation, hemorrhoids and abdominal tumor.

3.100: *Vaṁśapatrī*

वंशपत्रीवेणुपत्रीपिण्डाहिङ्गुशिवाटिका।
हिङ्गुपत्रीगुणाविज्ञैर्वंशपत्रीचकीर्तिता॥२२५॥

Synonyms:*Vēṇupatrī, piṇḍā* and *hiṅguśiṿāṭikā.*
Rasa* (Taste):Kaṭu* (pungent).
***Guṇa* (Property):** *Tīkṣana* (sharp).
***Vīrya* (Potency):** *Ūṣana* (hot).
Effect on *Tridōṣa*: Pacifies *vāta* and *kapha*.
Action: Appetizer and digestive.
Therapeutics: Diseases of the heart and urinary bladder, constipation, hemorrhoids and abdominal tumor.

3.101: *Matsyākṣī- Alternanthera sessilis* (L.) R.Br. ex DC.(Amaranthaceae)

मत्स्याक्षीबाह्लिकामत्स्यगन्धामत्स्यादनीतिच ।
मत्स्याक्षीग्राहिणीशीताकुष्ठपित्तकफास्रजित् ।
लघुस्तिक्ताकषायाचस्वाद्वीकटुविपाकिनी ॥२२६॥

Synonyms:*Bāhlikā, matsyagandhā* and *matsyādanī.*
Rasa* (Taste):Kaṭu* (pungent) and *tikta* (bitter).
***Guṇa*(Property):** *Laghu* (light).
***Vīrya* (Potency):** *Śīta* (cold).
***Vipāka* (Post digestion effect):** *Kaṭu* (Pungent).
Effect on *Tridōṣa*: Pacifies *pitta* and *kapha*.
Action: Antidiarrhoeal.
Therapeutics: Diseases of the skin and blood.

3.102: *Sarpākṣī-Ophiorrhiza mungos* Linn. (Rubiaceae)

सर्पाक्षीस्यात्तुगण्डालीतथानाडीकलापकः ।
सर्पाक्षीकटुकातिक्तासोष्णाकृमिनिकृन्तनी ।
वृश्चिकोन्दुरसर्पाणांविषघ्नीव्रणरोपिणी ॥२२७॥

Synonyms:*Gaṇḍālī* and *nāḍīkalāpaka.*
Rasa* (Taste):Kaṭu* (pungent) and *tikta* (bitter).
***Guṇa*(Property):** *Laghu* (light).
***Vīrya* (Potency):** *Ūṣana* (hot).
Therapeutics: Snake, rodent and scorpion poisoning.

3.103: *Śaṅkhapuṣpī -Convolvulus pluricaulis* Choisy(Convolvulaceae)

शङ्खपुष्पीतुशङ्खाह्वामाङ्गल्यकुसुमापिच ।
शङ्खपुष्पीसरामेध्यावृष्यामानसरोगहृत् ।

रसायनीकषायोष्णास्मृतिकान्तिबलाग्निदा।
दोषापस्मारभूताश्रीकुष्ठकृमिविषप्रणुत् ॥२२८॥

Synonyms:*Śaṅkhāhvā* and *māṅgalyakusuma.*
Rasa* (Taste):Kṣāya* (astringent).
***Vīrya* (Potency):** *Ūṣana* (hot).
Action: Laxative, aphrodisiac, nootropic, tonic and alterative.
Therapeutics: Mental diseases, epilepsy, microbial infections, skin diseases, worm infestation and poisoning.

3.104: *Arkapuṣpī- Holostemma rheedii* Wall. (Asclepiadaceae)

अर्कपुष्पीक्रूरकर्मापयस्याजलकामुका।
अर्कपुष्पीकृमिश्लेष्ममेहपित्तविकारजित् ॥२२९॥

Synonyms:*Krūrakarmā, payasyā* and *jalakāmukā.*
Therapeutics: Worm infestation and polyuria.

3.105.1: *Lajjālu -Mimosa pudica* L. (Fabaceae)

लज्जालुःस्याच्छमीपत्रासमङ्गाजलकारिका।
रक्तपादीनमस्कारीनाम्नाखदिरकेत्यपि ॥२३०॥
लज्जालुःशीतलातिक्ताकषायाकफपित्तजित्।
रक्तपित्तमतीसारंयोनिरोगान्विनाशयेत् ॥२३१॥

Synonyms:*Śamīpatrā, samaṅgā, jalakārikā, raktapādī, namaskārī, nāmnā* and *khadirakī.*
Rasa* (Taste):Tikta* (bitter) and *kṣāya* (astringent).
***Vīrya* (Potency):** *Śīta* (cold).
Effect on *Tridōṣa*: Pacifies *pitta* and *kapha*.
Therapeutics: Epistaxis, diarrhea and diseases of the vagina.

3.105.2: *Alambuṣā-Biophytum sensitivum* (L.) DC. (Oxalidaceae)

अलम्बुषाखरत्वक्चतथामेदोगलास्मृता।
अलम्बुषालघुःस्वादुःक्रिमिपित्तकफापहा ||२३२||

Synonyms:*Kharatvak* and *mēdōgalā*.
Rasa* (Taste):Madhura* (sweet).
***Guṇa*(Property):** *Laghu* (light).
Effect on *Tridōṣa*: Pacifies *pitta* and *kapha*.
Therapeutics: Worm infestation.

3.106: *Dugdhikā-Euphorbia thymifolia* L. (Euphorbiaceae)

दुग्धिकास्वादुपर्णीस्यात्क्षीराविक्षीरिणीतथा।
दुग्धिकोष्णागुरूरूक्षावातलागर्भकारिणी।
स्वादुक्षीराकटुस्तिक्तासृष्टमूत्रामलापहा।
स्वादुर्विष्टम्भिनीवृष्याकफकुष्ठक्रिमिप्रणुत् ||२३३||

Synonyms:*Svāduparṇī, syātkṣīrā* and *vikṣīriṇī*.
Rasa* (Taste):Tikta* (bitter) and *kaṭu* (pungent).
***Guṇa*(Property):** *Gurū* (heavy) and *rūkṣa* (ununctuous).
***Vīrya* (Potency):** *Ūṣana* (hot).
Effect on *Tridōṣa*: Pacifies *kapha* aggravates *vāta*.
Actions: Aphrodisiac and diuretic.
Therapeutics: Skin diseases and worm infestation.
Note: *Dugdhikā* helps in defecation but disturbs digestion.

3.107: *Bhūmyāmalakī-Phyllanthus niruri* L. (Euphorbiaceae)

भूम्यामलकिकाप्रोक्ताशिवातामलकीतिच।

बहुपत्राबहुफलाबहुवीर्याजटापिच ||२३४||
भूधात्रीवातकृत्तिक्ताकषायामधुराहिमा |
पिपासाकासपित्तास्रकफकण्डूक्षतापहा ||२३५||

Synonyms:*Śivā, tāmalakī, bahupatrā, bahuphalā, bahuvīryā* and *jaṭā*.
Rasa* (Taste):Madhura* (sweet), *tikta* (bitter) and *kṣāya* (astringent).
***Guṇa*(Property):** *Gurū* (heavy) and *rūkṣa* (ununctuous).
***Vīrya* (Potency):** *Śīta* (cold).
Effect on *Tridōṣa*: Pacifies *pitta* and *kapha* aggravates *vāta*.
Therapeutics: Thirst, cough, blood diseases, eczema and phthisis.

3.108.1: *Brāhmī-Bacopa monnieri* (L.) Pennell (Plantaginaceae)

ब्राह्मीकपोतवङ्काचसोमवल्लीसरस्वती |

Synonyms:*Kapōtavaṅkā, sōmavallī* and *sarasvatī*.
Rasa* (Taste):Madhura* (sweet), *tikta* (bitter) and *kṣāya* (astringent).
***Guṇa*(Property):** *Laghu* (light) and *rūkṣa* (ununctuous).
***Vīrya* (Potency):** *Śīta* (cold).
***Vipāka* (Post digestion effect):** *Madhura* (sweet).
Action: Laxative, tonic and nootropic.
Therapeutics: Skin diseases, anemia, polyuria, blood diseases, cough, poisoning, edema and fever.

3.108.2: *Maṇḍūkaparṇī-Centella asiatica* (L.) Urban (Apiaceae)

मण्डूकपर्णीमाण्डूकीत्वाष्ट्रीदिव्यामहौषधी |
ब्राह्मीहिमासरातिक्तालघुर्मेध्याचशीतला |
कषायामधुरास्वादुपाकायुष्यारसायनी ||२३६||
स्वर्यास्मृतिप्रदाकुष्ठपाण्डुमेहास्रकासजित् |
विषशोथज्वरहरीतद्वन्मण्डूकपर्णिनी ||२३७||

Synonyms:*Māṇḍūkī, tvāṣṭrī, divyā* and *mahauṣadhī.*
Rasa* (Taste):Madhura* (sweet), *tikta* (bitter) and *kṣāya* (astringent).
***Guṇa*(Property):** *Laghu* (light) and *rūkṣa* (unctuous).
***Vīrya* (Potency):** *Śīta* (cold).
***Vipāka* (Post digestion effect):** *Madhura* (sweet).
Action: Laxative, tonic and nootropic.
Therapeutics: Skin diseases, anemia, polyuria, blood diseases, cough, poisoning, edema and fever.

3.109: *Drōṇapuṣpī-Leucas cephalotes* (Roth) Spreng. (Lamiaceae)

द्रोणाचद्रोणपुष्पीचफलेपुष्पाचकीर्तिता।
द्रोणपुष्पीगुरुःस्वादूरूक्षोष्णावातपित्तकृत्।
सतीक्ष्णलवणास्वादुपाकाकट्वीचभेदिनी।
कफामकामलाशोथतमकश्वासजन्तुजित्॥२३८॥

Synonyms:*Drōṇā* and *phalēpuṣpā*.
Rasa* (Taste):Lavaṇa* (saline) and *kaṭu* (pungent).
***Guṇa*(Property):** *Gurū* (heavy), *rūkṣa* (unctuous) and *tīkṣana* (sharp).
***Vīrya* (Potency):** *Ūṣana* (hot).
***Vipāka* (Post digestion effect):** *Madhura* (sweet).
Effect on *Tridōṣa*: Pacifies *kapha* aggravates *pitta* and *vāta*.
Action: Laxative.
Therapeutics: Indigestion, jaundice, edema, bronchial asthma and worm infestation.

3.110: *Suvarcalā-Malva sylvestris* L.(Malvaceae)

सुवर्चलासूर्यभक्तावरदाबदराऽपिच।
सूर्यावर्त्तारविप्रीताऽपराब्रह्मसुदुर्लभा॥२३९॥
सुवर्चलाहिमारूक्षास्वादुपाकासरागुरुः।
अपित्तलाकटुःक्षाराविष्टम्भकफवातजित्॥२४०॥
अन्यातिक्ताकषायोष्णासरारूक्षालघुःकटुः।
निहन्तिकफपित्तास्रश्वासकासारुचिज्वरान्।

विस्फोटकुष्ठमेहास्रयोनिरुक्कृमिपाण्डुताः ||२४१||

Synonyms:*Sūryabhaktā, varadā* and *badarā.*
Rasa* (Taste):Kaṭu* (pungent).
***Guṇa*(Property):** *Gurū* (heavy) and *rūkṣa* (ununctuous).
***Vīrya* (Potency):** *Śīta* (cold).
***Vipāka* (Post digestion effect):** *Madhura* (sweet).
Effect on *Tridōṣa*: Pacifies *vāta*, and *kapha* aggravates *pitta*.
Action: Laxative and alkaline.
Note: It disturbs digestion.

3.111: *Sūryāvarttā- Helianthus annus* L. (Asteraceae)

Synonyms:*Raviprītā, aparā* and *brahmasudurlabhā.*
Rasa* (Taste):Kaṭu* (pungent), *tikta* (bitter) and *kṣāya* (astringent).
***Guṇa*(Property):** *Gurū* (heavy) and *rūkṣa* (ununctuous).
***Vīrya* (Potency):** *Ūṣana* (hot).
***Vipāka* (Post digestion effect):** *Madhura* (sweet).
Effect on *Tridōṣa*: Pacifies *kapha*.
Action: Laxative.
Therapeutics: Epistaxis, asthma, cough, anorexia, fever, eruptions, skin diseases, polyuria, blood diseases, diseases of the vagina and anemia.

3.112: *Vandhyākarkōṭakī-Momordica dioica* Roxb. ex Willd. (Cucurbitaceae)

वन्ध्याकर्कोटकीदेवीकन्यायोगीश्वरीतिच |
नागारिर्नक्रदमनीविषकण्टकिनीतथा ||२४२||
वन्ध्याकर्कोटकीलघ्वीकफनुद्व्रणशोधिनी |
सर्पदर्पहरीतीक्ष्णाविसर्पविषहारिणी ||२४३||

Synonyms:*Dēvī, kanyā, yōgīśvarīti, nāgārirna, kradamanī and viṣakaṇṭakinī.*
Rasa* (Taste):Lavaṇa* (saline) and *kaṭu* (pungent).
***Guṇa*(Property):** *Laghu* (light) and *tīkṣana* (sharp).
Effect on *Tridōṣa*: Pacifies *kapha*.
Therapeutics: Ulcer, snake poisoning and erysipelas.

3.113: *Mārkaṇḍika-Cassia angustifolia* Vahl. (Fabaceae)

मार्कण्डिकाभूमिवल्लीमार्कण्डीमृदुरेचनी |
मार्कण्डिकाकुष्ठहरीऊर्ध्वाधःकायशोधिनी |
विषदुर्गन्धकासघ्नीगुल्मोदरविनाशिनी ||२४४||

Synonyms:*Bhūmivallī, mārkaṇḍī* and *mṛdurēcanī.*
Action: Laxative.

Therapeutics: Skin diseases, poisoning, halitosis, cough, abdominal tumor and abdominal diseases.

3.114.1: *Dēvadālī-Luffa echinata* Roxb.(Cucurbitaceae)

देवदालीतुवेणीस्यात्कर्कटीचगरागरी |
देवताण्डीवृत्तकोशस्तथाजीमूतइत्यपि |
पीतापराखरस्पर्शाविषघ्नीगरनाशिनी ||२४५||
देवदालीरसेतिक्ताकफार्शःशोफपाण्डुताः |
नाशयेद्वामनीतिक्ताक्षयहिक्काकृमिज्वरान् ||२४६||
देवदालीफलंतिक्तंकृमिश्लेष्मविनाशनम् |
स्रंसनंगुल्मशूलघ्नमर्शोघ्नंवातजित्परम् ||२४७||

Synonyms:*Vēṇī, karkaṭī, garāgarī, dēvatāṇḍī, vṛttakōśa* and *jīmūta.*
Rasa* (Taste):Tikta* (bitter).
***Guṇa* (Property):** *Tīkṣana* (sharp).
***Vīrya* (Potency):** *Ūṣana* (hot).
Effect on *Tridōṣa*: Pacifies *kapha.*
Action: Emetic.
Therapeutics: Hemorrhoids, edema, anemia, phthisis, hiccough, worm infestation and fever.

3.114.2: *Pītādēvadālī*

Synonyms:*Kharasparśā, viṣaghnī* and *garanāśinī.*

Rasa* (Taste):Tikta* (bitter).
***Guṇa* (Property):** *Tīkṣana* (sharp).
***Vīrya* (Potency):** *Ūṣana* (hot).

Effect on *Tridōṣa*: Pacifies *kapha*.
Action: Emetic.
Therapeutics: Hemorrhoids, edema, anemia, phthisis, hiccough, worm infestation and fever.

3.114.3: Fruit of *dēvadālī*

Rasa* (Taste):Tikta* (bitter).
***Guṇa* (Property):** *Tīkṣana* (sharp).
***Vīrya* (Potency):** *Ūṣana* (hot).
Effect on *Tridōṣa*: Pacifies *vāta* and *kapha*.
Action: Laxative.
Therapeutics: Worm infestation, abdominal tumor, colic and hemorrhoids.

3.115: *Jalapippalī-Lippia nodiflora* L. (Verbenaceae)

जलपिप्पल्यभिहिताशारदीशकुलादनी।
मत्स्यादनीमत्स्यगन्धालाङ्गलीत्यपिकीर्तिता ॥२४८॥
जलपिप्पलिकाहृद्याचक्षुष्याशुक्रलालघुः।
संग्राहिणीहिमारूक्षारक्तदाहव्रणापहा।
कटुपाकरसारुच्याकषायावह्निवर्धिनी ॥२४९॥

Synonyms:*Śāradī, śakulādanī, matsyādanī, matsyagandhā* and *lāṅgalī*.
Rasa* (Taste):Kaṭu* (pungent) and *kṣāya* (astringent).
***Guṇa* (Property):** *Laghu* (light) and *rukṣa* (ununctuous).
***Vīrya* (Potency):** *Ūṣana* (light).
***Vpāka* (Post digestion effect):** *Kaṭu* (pungent).
Effect on *Tridoṣa*: Pacifies *kapha*.
Action: Spermopiotic, appetizer, cardiac tonic and antidiarrhoeal.
Therapeutics: Burning sensation, eye diseases, ulcer and blood diseases.

3.116: *Gōjihvā-Elephantopus sacber* L. (Asteraceae)

गोजिह्वागोजिकागोभीदार्विकाखरपर्णिनी।
गोजिह्वावातलाशीताग्राहिणीकफपित्तनुत्।
हृद्याप्रमेहकासास्रव्रणज्वरहरीलघुः।
कोमलातुवरातिक्तास्वादुपाकरसास्मृता॥२५०॥

Synonyms:*Gōjikā, gōbhī, dārvikā* and *kharaparṇinī.*
Rasa* (Taste):Madhura* (sweet), *tikta* (bitter) and *kṣāya* (astringent).
***Guṇa* (Property):** *Laghu* (Light).
***Vīrya* (Potency):** *Śīta* (cold).
***Vipāka* (Post digestion effect):** *Madhura* (sweet).
Effect on *Tridoṣa*: Pacifies *kapha* and *pitta* but aggravates *vāta*.
Action: Astringent, appetizer, cardiac tonic and antidiarrhoeal.
Therapeutics: Polyuria, cough, blood diseases, ulcer and fever.

3.117: *Nāgadamanī*

विज्ञेयानागदमनीबलामोटाविषापहा।
नागपुष्पीनागपत्रामहायोगेश्वरीतिच॥२५१॥
बलामोटाकटुस्तिक्तालघुःपित्तकफापहा।
मूत्रकृच्छ्रव्रणान्रक्षोनाशयेज्जालगर्दभम्॥२५२॥
सर्व्रग्रहप्रशमनीनिःशेषविषनाशिनी।
जयंसर्वत्रकुरुतेधनदासुमतिप्रदा॥२५३॥

Synonyms:*Balāmōṭā, viṣāpahā, nāgapuṣpī, nāgapatrā* and *mahāyōgēśvara.*
Rasa* (Taste):Tikta*(bitter) and *kaṭu* (pungent).
***Guṇa* (Property):** *Laghu* (Light).
***Vīrya* (Potency):** *Śīta* (cold).
Effect on *Tridoṣa*: Pacifies *kapha* and *pitta*.
Therapeutics: Dysuria, ulcer, microbial infections, cellulites and poisoning.

3.118: *Vīrataru-Dichrostachys cinerea* Wight et Arn.(Fabaceae)

वेल्लन्तरोजगतिवीरतरुःप्रसिद्धःश्वेतासितारुणविलोहितनीलपुष्पः |
स्याज्जातितुल्यकुसुमःशमिसूक्ष्मपत्रःस्यात्कण्टकीविजलदेशजएववृक्षः ||२५४||
वेल्लन्तरोरसेपाकेतिक्तस्तृष्णाकफापहः |
मूत्राघाताश्मजिद्ग्राहीयोनिमूत्रानिलार्तिजित् ||२५५||

Description: The flowers of *vīrataru are similar to kusuma* and are white, black, dark red and blue. Leaves are minute like those of *śamī* and are thorny.The plant is found in xerophytic habitat.
Synonyms:*Vēllantara.*
Rasa* (Taste):Tikta* (bitter).
Effect on *Tridoṣa*: Pacifies *kapha.*
Action: Astringent.
Therapeutics: Dysuria, calculus, diseases of the vagina, urinary tract diseases and pain of nervous origin.

3.119: *Chikkanī-Centipeda orbicularis* L. (Asteraceae)

छिक्कनीक्षवकृत्तीक्ष्णाछिक्किकाघ्राणदुःखदा |
छिक्कनीकटुकारुच्यातीक्ष्णोष्णावह्निपित्तकृत् |
वातरक्तहरीकुष्ठकृमिवातकफापहा ||२५६||

Synonyms:*Kṣava, kṛttīkṣṇā, chikkikā* and *ghrāṇaduḥkhadā.*
Rasa (Taste):*Kaṭu*(pungent).
***Guṇa* (Property):** *Tīkṣana* (sharp).
***Vīrya* (Potency):** *Ūṣana* (light).
Effect on *Tridoṣa*: Pacifies *vāta* and *kapha* aggravates *pitta.*
Action: Appetizer.
Therapeutics: Gout, skin diseases and worm infestation.

3.120: *Tāmracūḍa-Blumea laceran* L.(Asteraceae)

कुकुन्दरस्ताम्रचूडःसूक्ष्मपत्रोमृदुच्छदः |

कुकुन्दरःकटुस्तिक्तोज्वररक्तकफापहः |
तन्मूलमार्द्रंनिःक्षिप्तंवदनेमुखशोषहृत् ||२५७||

Synonyms:*Kukundara, sūkṣmapatra* and *mṛducchada.*
Rasa* (Taste):Kaṭu* (pungent) and *tikta* (bitter).
***Guṇa* (Property):** *Tīkṣana* (sharp).
***Vīrya* (Potency):** *Ūṣana* (light).
Effect on *Tridoṣa*: Pacifies *kapha*.
Therapeutics: Fever and blood diseases.
Note: Fresh root if kept in mouth cures dryness of mouth.

3.121: *Sudarśana-Crinum latifolium* L. (Amaryllidaceae)

सुदर्शनासोमवल्लीचक्राह्वामधुपर्णिका |
सुदर्शनास्वादुरुष्णाकफशोफास्रवातजित् ||२५८||

Synonyms:*Sōmavallī, cakrāhvā* and *madhuparṇikā.*
Rasa* (Taste):Madhura* (sweet).
***Vīrya* (Potency):** *Ūṣana* (light).
Effect on *Tridoṣa*: Pacifies *kapha*.
Therapeutics: Edema and gout.

3.122:*Ākhukarṇī-Ipomoea reniformis* (Roxb.) Sweet (Convolvulaceae)

आखुकर्णीत्वाखुकर्णपर्णिकाभूदरीभवा |
आखुकर्णीकटुस्तिक्ताकषायाशीतलालघुः |
विपाकेकटुकामूत्रकफामयकृमिप्रणुत् ||२५९||

Synonyms:*Ākhukarṇaparṇikā* and *bhūdarībhavā.*
Rasa* (Taste):Kaṭu* (pungent), *tikta* (bitter) and *kṣāya* (astringent).
***Vīrya* (Potency):** *Śīta* (cold).
Effect on *Tridoṣa*: Pacifies *kapha*.
Therapeutics: Worm infestation.

3.123:*Mayūraśikha-Adiantum caudatum* L. (Adiantaceae)

मयूराह्वशिखाप्रोक्तासहस्राहिर्मधुच्छदा ।
नीलकण्ठशिखालघ्वीपित्तश्लेष्मातिसारजित् ॥२६०॥

Synonyms:*Sahasrāhi, madhucchadā* and *nīlakaṇṭhaśikhā.*
***Guṇa* (Property):** *Laghu* (Light).
Effect on *Tridoṣa*: Pacifies *kapha*.
Therapeutics: Diarrhea.

Chapter 4: *Puṣpavarga*

4.1.1: *Kamala-Nelumbo nucifera* Gaertn. (Nelumbonaceae)

वापुंसिपद्मंनलिनमरविन्दंमहोत्पलम् |
सहस्रपत्रंकमलंशतपत्रंकुशेशयम् ||१||
पङ्केरुहंतामरसंसारसंसरसीरुहम् |
बिसप्रसूनराजीवपुष्कराम्भोरुहाणिच ||२|
|विशेषतःसितंपद्मंपुण्डरीकमितिस्मृतम् |
रक्तंकोकनदंज्ञेयंनीलमिन्दीवरंस्मृतम् ||३||
कमलंशीतलंवर्ण्यंमधुरंकफपित्तजित् |
तृष्णादाहास्रविस्फोटविषवीसर्पनाशनम् ||४||
धवलंकमलंशीतंमधुरंकफपित्तजित् |
तस्मादल्पगुणंकिञ्चिदन्यद्रक्तोत्पलादिकम् ||५||
मूलनालदलोत्फुल्लफलैःसमुदितापुनः |
पद्मिनीप्रोच्यतेप्राज्ञैर्बिसिन्यादिचसास्मृता ||६||
पद्मिनीशीतलागुर्वीमधुरालवणाचसा |
पित्तासृक्कफनुद्रूक्षावातविष्टम्भकारिणी ||७||
संवर्तिकानवदलंबीजकोशस्तुकर्णिका |
किञ्जल्कःकेसरःप्रोक्तोमकरन्दोरसःस्मृतः |
पद्मनालंमृणालंस्यात्तथाबिसमितिस्मृतम् ||८||
संवर्तिकाहिमातिक्ताकषायादाहतृट्प्रणुत् |
मूत्रकृच्छ्रगुदव्याधिरक्तपित्तविनाशिनी ||९||
पद्मस्यकर्णिकातिक्ताकषायामधुराहिमा |
मुखवैशद्यकृल्लघ्वीतृष्णाऽस्रकफपित्तनुत् ||१०||
किञ्जल्कःशीतलोवृष्यःकषायोग्राहकोऽपिसः |

कफपित्ततृषादाहरक्तार्शोविषशोथजित् ॥११॥
मृणालंशीतलंवृष्यंपित्तदाहास्रजिद्गुरु ।
दुर्जरंस्वादुपाकञ्चस्तन्यानिलकफप्रदम् ।
संग्राहिमधुरंरूक्षंशालूकमपितद्गुणम् ॥१२॥
स्थलकमल-पद्मचारिण्यतिचराऽव्यथापद्माचशारदा ।
पद्मानुष्णाकटुस्तिक्ताकषायाकफवातजित् ।
मूत्रकृच्छ्राश्मशूलघ्नीश्वासकासविषापहा ॥१३॥

Synonyms: *Puṁsi, padma, nalina, aravinda, mahōtpala, sahasrapatra, kamala, śatapatra, kuśēśaya, paṅkēruha, tāmarasa, sārasa, sarasīruha, bias, prasūna, rājīva, puṣkara* and *ambhōruhāṇi.*
***Rasa* (Taste):** *Madhura* (sweet).
***Vīrya* (Potency):** *Śīta* (cold).
Effect on *Tridoṣa*: Pacifies *pitta* and *kapha.*
Action: Alterative.
Therapeutics: Thirst, burning sensation, blood diseases, eruptions, poisoning and erysipelas.

4.1.2: *Śvētakamala*

Synonyms: *Puṇḍarīka.*
***Rasa* (Taste):** *Madhura* (sweet).
***Vīrya* (Potency):** *Śīta* (cold).
Effect on *Tridoṣa*: Pacifies *pitta* and *kapha.*

4.1.3: *Raktakamala-Nymphea rubra* L. (Nymphaceae)

Synonyms: *Kōkanada.*
Note: It is considered inferior as compared to the white variety (*puṇḍarīka*).

4.1.4: *Nīlakamala-Monochoria hastifolia* C.Presl (Nymphaceae)

Synonyms: *Indīvara.*

4.1.5: *Padminī*

Description: The entire plant of *kamala* is known as *padminī*.
Synonyms:*Bisini* and *prājña*.
***Rasa* (Taste):** *Madhura* (sweet) and *lavaṇa* (saline).
***Guṇa* (Physical property):** *Rūkṣa* (unctuous).
***Vīrya* (Potency):** *Śīta* (cold).
Effect on *Tridoṣa*: Pacifies *pitta* and *kapha*.
Therapeutics: Blood diseases.

4.1.6: Tender leaves of *kamala*

Synonym:*Saṁvartikā*.
***Rasa* (Taste):** *Tikta* (bitter) and *kṣāya* (astringent).
***Vīrya* (Potency):** *Śīta* (cold).
Therapeutics: Burning sensation, thirst, dysuria, rectal diseases and epistaxis.

4.1.7: *Bījakōṣa* (ovary containing seeds)

Synonym:*Karṇīka*.
***Rasa* (Taste):** *Madhura* (sweet), *tikta* (bitter) and *kṣāya* (astringent).
***Guṇa* (Physical property):** *Laghu* (light).
***Vīrya* (Potency):** *Śīta* (cold).
Effect on *Tridoṣa*: Pacifies *pitta* and *kapha*.
Therapeutics: Thirst and blood diseases.

4.1.8: Inflorescence

Synonym:*Kiñjalka*.
***Rasa* (Taste):** *Kṣāya*(astringent).
***Vīrya* (Potency):** *Śīta* (cold).
Effect on *Tridoṣa*: Pacifies *pitta* and *kapha*.
Action: Aphrodisiac and astringent.
Therapeutics: Thirst, burning sensation, bleeding hemorrhoids, poisoning and edema.

4.1.9: *Kamalnāla* (Chief stalk of the plant)

Synonyms:*Bisa* and *mṛṇāla*.
***Rasa* (Taste):** *Madhura* (Sweet).
***Guṇa* (Physical property):** *Gurū* (heavy) and *rūkṣa* (ununctuous).
***Vīrya* (Potency):** *Śīta* (cold).
***Vipāka* (Post digestion effect):** *Madhura* (sweet).
Effect on *Tridoṣa*: Pacifies *pitta* but aggravates *vāta* and *kapha*.
Action: Aphrodisiac, galactagouge and astringent.
Therapeutics: Burning sensation and blood diseases.

4.1.10: *Śālūka* (Rhizome)

***Rasa* (Taste):** *Madhura* (Sweet).
***Guṇa* (Physical property):** *Gurū* (heavy) and *rūkṣa* (ununctuous).
***Vīrya* (Potency):** *Śīta* (cold).
***Vipāka* (Post digestion effect):** *Madhura* (sweet).
Effect on *Tridoṣa*: Pacifies *pitta* but aggravates *vāta* and *kapha*.
Action: Aphrodisiac, galactagouge and astringent.
Therapeutics: Burning sensation and blood diseases.

4.1.11: *Sthalakamala-Hibiscus mutabilis* L. (Malvaceae)

Synonyms:*Padmacāriṇī, aticarā, avyathā, padmā* and *śāradā*.
Rasa (Taste): *Kaṭu* (pungent), *tikta* (bitter) and *kṣāya* (astringent).
***Guṇa* (Physical property):** *Gurū* (heavy) and *rūkṣa* (ununctuous).
***Vīrya* (Potency):** *Uṣana* (hot).
***Vipāka* (Post digestion effect):** *Madhura* (sweet).
Effect on *Tridoṣa*: Pacifies *vāta* and *kapha*.
Therapeutics: Dysuria, calculus, asthma, cough and poisoning.

4.2.1: *Kumuda-Nymphaea alba* L. (Nymphaceae)

श्वेतंकुवलयंप्रोक्तंकुमुदंकैरवंतथा।
कुमुदंपिच्छिलंस्निग्धंमधुरंह्लादिशीतलम्।
कुमुद्वतीकैरविकातथाकुमुदिनीतिच।

सातुमूलादिसर्वाङ्गैरुक्तासमुदिताबुधैः |
पद्मिन्यायेगुणाःप्रोक्तःकुमुदिन्याश्चतेस्मृता ||१४||

Synonyms:*Kuvalaya* and *kairava.*
***Rasa* (Taste):** *Madhura* (sweet) and *lavaṇa* (saline).
***Guṇa* (Physical property):** *Rūkṣa* (unctuous).
***Vīrya* (Potency):** *Śīta* (cold).
Effect on *Tridoṣa*: Pacifies *pitta* and *kapha.*
Therapeutics: Blood diseases.

4.2.2: Red variety of *Kumuda*

Synonyms:*Kumudvatī, kairavikā* and *kumudinī.*
***Guṇa* (Physical property):** *Rūkṣa* (unctuous).
***Vīrya* (Potency):** *Śīta* (cold).
Effect on *Tridoṣa*: Pacifies *pitta* and *kapha.*
Action: Astringent.
Note: *Kumudini* disturbs digestion.

4.3.1: *Vāriparṇī-Pistia stratiotes* L. (Araceae)

वारिपर्णीकुम्भिकास्याच्छैवालंशैवलंचतत् |
वारिपर्णीहिमातिक्तालघ्वीस्वाद्वीसराकटुः |
दोषत्रयहरीरूक्षाशोणितज्वरशोषकृत् ||१५||
शैवालंतुवरंतिक्तंमधुरंशीतलंलघु |
स्निग्धंदाहतृषापित्तरक्तज्वरहरंपरम् ||१६||

Synonyms:*Kumbhikā.*
***Rasa* (Taste):** Kaṭu (pungent) and *tikta* (bitter).
***Guṇa* (Physical property):** *Laghu* (light) and *rūkṣa* (unctuous).
***Vīrya* (Potency):** *Śīta* (cold).
Effect on *Tridoṣa*: Pacifies *vāta, pitta* and *kapha.*
Action (s): Laxative.
Note: *Vāriparṇī*produces blood diseases, fever and consumption.

4.3.2: *Śaivala-Ceratophyllum demersum* L. (Ceratophyllaceae)

Rasa (Taste): *Madhura* (sweet),*kaṭu* (pungent) and *tikta* (*bitter*).
***Guṇa* (Physical property):** *Laghu* (light) and *snigdha* (unctuous).
***Vīrya* (Potency):** *Śīta* (cold).
Effect on *Tridoṣa*: Pacifies *pitta*.
Therapeutics: Burning sensation, thirst, blood diseases and fever.

4.4: *Śatapatrī-Rosa centifolia* L. (Rosaceae)

शतपत्रीतरुण्युक्ताकर्णिकाचारुकेशरा |
महाकुमारीगन्धाढ्यालाक्षाकृष्णातिमञ्जुला ||१७||
शतपत्रीहिमाहृद्याग्राहिणीशुक्रलालघुः |
दोषत्रयास्रजिद्वर्ण्याकट्वीतिक्ताचपाचनी ||१८||

Synonyms:*Taruṇyuktā, karṇikā, cārukēśarā, mahākumārī, gandhāḍhyā, lākṣā* and *kṛṣṇātimañjulā*.
***Rasa* (Taste):** *Kaṭu*(pungent) and *tikta* (bitter).
***Guṇa* (Physical property):** *Laghu* (light) and *snigdha* (unctuous).
***Vīrya* (Potency):** *Śīta* (cold).
Effect on *Tridoṣa*: Pacifies *vāta*, *pitta* and *kapha*.
Action: Cardiac tonic, alterative, astringent, digestive and spermopiotic.
Therapeutics: Blood diseases.

4.5: *Vāsantī-Jasminum arborescens* Roxb. (Oleaceae)

नेपालीकथितातज्ज्ञैःसप्तलानवमालिका |
वासन्तीशीतलालघ्वीतिक्तादोषत्रयास्रजित् ||१९||

Synonyms:*Nēpālī, tajjñai, saptalā* and *navamālikā*.
***Rasa* (Taste):** *Tikta* (bitter).
***Guṇa* (Physical property):** *Laghu* (light).
***Vīrya* (Potency):** *Śīta* (cold).
Effect on *Tridoṣa*: Pacifies *vāta*, *pitta* and *kapha*.
Therapeutics: Blood diseases.

4.6.1: *Vārṣikī-Jasminum sambac* (L.) Aiton (Oleaceae)

श्रीपदीषट्पदानन्दावार्षिकीमुक्तबन्धना।
वार्षिकीशीतलालघ्वीतिक्तादोषत्रयापहा।
कर्णाक्षिमुखरोगघ्नीतत्तैलंतद्गुणंस्मृतम्॥२०॥

Synonyms:*Śrīpadī, ṣaṭpadānandā* and *muktabandhanā.*
***Rasa* (Taste):** *Tikta* (bitter).
***Guṇa* (Physical property):** *Laghu* (light).
***Vīrya* (Potency):** *Śīta* (cold).
Effect on *Tridoṣa*: Pacifies *vāta*, *pitta* and *kapha.*
Therapeutics: Diseases of the ear, eye and mouth.

4.6.2: Oil of *vārṣikī*

***Rasa* (Taste):** *Tikta* (bitter).
***Guṇa* (Physical property):** *Laghu* (light).
***Vīrya* (Potency):** *Śīta* (cold).
Effect on *Tridoṣa*: Pacifies *vāta*, *pitta* and *kapha.*
Therapeutics: Diseases of the ear, eye and mouth.

4.7.1: *Mālatī-Jasminum grandiflorum* (L.) (Oleaceae)

जातिर्जातीचसुमनामालतीराजपुत्रिका।
चेतिकाहृद्यगन्धाचसापीतास्वर्णजातिका॥२१॥
जातीयुगंतिक्तमुष्णंतुवरंलघुदोषजित्।
शिरोक्षिमुखदन्तार्तिविषकुष्ठानिलास्रजित्॥२२॥

Synonyms*: Jāti, jātī sumanā, mālatī, rājaputrikā, cētikā* and *hṛdyagandhā.*
***Rasa* (Taste):** *Tikta* (bitter) and *kṣāya* (astringent).
***Guṇa* (Physical property):** *Laghu* (light).
***Vīrya* (Potency):** *Uṣana* (hot).
Effect on *Tridoṣa*: Pacifies *vāta.*
Therapeutics: Diseases of the head, eye, mouth, teeth, poisoning, skin diseases and blood diseases.

4.7.2: *Svarṇajātikā*

Rasa **(Taste):** *Tikta* (bitter) and *kṣāya* (astringent).
Guṇa **(Physical property):** *Laghu* (light).
Vīrya **(Potency):** *Uṣana* (hot).
Effect on *Tridoṣa*: Pacifies *vāta*.
Therapeutics: Diseases of the head, eye, mouth, teeth, poisoning, skin diseases and blood diseases.

4.8.1: *Yūthikā-Jasminum auriculatum* Vahl (Oleaceae)

यूथिकागणिकाम्बष्ठासापीताहेमपुष्पिका।
यूथीयुगंहिमंतिक्तंकटुपाकरसंलघु।
मधुरंतुवरंहृद्यंपित्तघ्नंकफवातलम्।
व्रणास्रमुखदन्ताक्षिशिरोरोगविषापहम्॥२३॥

Synonyms*:* *Gaṇikā* and *ambaṣṭhā*.
Rasa **(Taste):** *Tikta* (bitter) and *madhura* (bitter).
Guṇa **(Physical property):** *Laghu* (light).
Vīrya **(Potency):** *Śīta* (cold).
Vipāka **(Post digestion effect):** *Kaṭu* (pungent).
Effect on *Tridoṣa*: Pacifies *pitta* but aggravates *vāta* and *kapha*.
Action: Cardiac tonic.
Therapeutics: Ulcer, diseases of the head, eye, mouth, teeth and poisoning

4.8.2 *Hēmapuṣpikā*

Rasa **(Taste):** *Tikta* (bitter) and *madhura* (bitter).
Guṇa **(Physical property):** *Laghu* (light).
Vīrya **(Potency):** *Śīta* (cold).
Vipāka **(Post digestion effect):** *Kaṭu* (pungent).
Effect on *Tridoṣa*: Pacifies *pitta* but aggravates *vāta* and *kapha*.
Action: Cardiac tonic.
Therapeutics: Ulcer, diseases of the head, eye, mouth, teeth and poisoning.

4.9. *Campaka-Magnolia champaca* (L.) Baill. ex Pierre (Magnoliaceae)

चाम्पेयश्चम्पकःप्रोक्तोहेमपुष्पश्चसस्मृतः |
एतस्यकलिकागन्धफलेतिकथिताबुधैः ||२४||
चम्पकःकटुकस्तिक्तःकषायोमधुरोहिमः |
विषकृमिहरःकृच्छ्रकफवातास्रपित्तजित् ||२५||

Synonyms*: Campaka* and *hēmapuṣpa.*
Rasa **(Taste):** *Kaṭu* (pungent),*tikta* (bitter), *kṣāya* (astringent) and *madhura* (sweet).
Guṇa **(Physical property):** *Laghu* (light).
Vīrya **(Potency):** *Śīta* (cold).
Effect on ***Tridoṣa*****:** Pacifies *pitta* but aggravates *vāta* and *kapha*.
Therapeutics: Poisoning, worm infestation, dysuria and blood diseases.

4.10.1: *Bakula-Mimusops elengi* Linn. (Sapotaceae)

बकुलोमधुगन्धश्चसिंहकेसरकस्तथा |
बकुलस्तुवरोऽनुष्णःकटुपाकरसोगुरुः |
कफपित्तविषश्वित्रकृमिदन्तगदापहः ||२६||

Synonyms: *Madhugandha, siṁha* and *kēsarakasta.*
Rasa **(Taste):** *Kaṭu* (pungent) and*kṣāya* (astringent).
Vīrya **(Potency):** *Uṣana* (hot).
Vipāka **(Post digestion effect):** *Kaṭu* (pungent).
Effect on ***Tridoṣa*****:** Pacifies *pitta*.
Therapeutics: Poisoning, leucoderma, worm infestation and dental diseases.

4.10.2: *Śivamallī*

शिवमल्लीपाशुपतएकाष्ठीलोवकोवसुः |
बुकोऽनुष्णःकटुस्तिक्तःकफपित्तविषापहः |
योनिशूलतृषादाहकुष्ठशोथास्रनाशनः ||२७||

Synonyms: *Pāśupata, ēkāṣṭhīla, vaka* and *vasu.*
***Rasa* (Taste):** *Kaṭu* (pungent) and*kṣāya* (astringent).
***Vīrya* (Potency):** *Uṣana* (hot).
***Vipāka* (Post digestion effect):** *Kaṭu* (pungent).
Effect on *Tridoṣa*: Pacifies *pitta* and *kapha*.
Therapeutics: Poisoning, pain of vaginal origin, thirst, burning sensation, skin diseases, edema and blood diseases.

4.11: *Kadamba-Anthocephalus cadamba* (Roxb.) Miq.(Rubiaceae)

कदम्बःप्रियकोनीपोवृत्तपुष्पोहलिप्रियः ।
कदम्बोमधुरःशीतःकषायोलवणोगुरुः ।
सरोविष्टम्भकृद्रूक्षःकफस्तन्यानिलप्रदः ॥२८॥

Synonyms: *Priyaka, nīpa, vṛttapuṣpa* and *halipriya.*
***Rasa* (Taste):** *Madhura* (sweet), *lavaṇa* (saline) and *kṣāya* (astringent).
***Guṇa* (Physical property):** *Gūru* (heavy) and *rūkṣa* (ununctuous).
***Vīrya* (Potency):** *Śīta* (cold).
Effect on *Tridoṣa*: Aggravates *vāta*.
Action: Laxative and galactagouge.

4.12: *Kubjaka-Rosa moschata* Herrm. (Rosaceae)

कुब्जकोभद्रतरुणिर्बृहत्पुष्पोऽतिकेसरः ।
महासहाकण्टकाढ्यानीलाऽलिकुलसंकुला ॥२९॥
कुब्जकःसुरभिःस्वादुःकषायानुरसःसरः ।
त्रिदोषशमनोवृष्यःशीतहर्ताचसस्मृतः ॥३०॥

Synonyms: *bhadrataruṇi, bṛhatpuṣpa, atikēsara, mahāsahā, kaṇṭakāḍhyā,* and *nīlā'likulasaṁkulā.*
***Rasa* (Taste):** *Madhura* (sweet) and *kṣāya* (astringent).
***Guṇa* (Physical property):** *Gūru* (heavy) and *rūkṣa* (ununctuous).
Effect on *Tridoṣa*: Pacifies *vāta*, *pitta* and *kapha*.

Action: Aromatic and aphrodisiac.

4.13: *Mallikā-Jasminum officinale* L. (Oleaceae)

मल्लिकामदयन्तीचशीतभीरुश्चभूपदी |
मल्लिकोष्णालघुर्वृष्यातिक्ताचकटुकाहरेत् |
वातपित्तास्यदृग्व्याधिकुष्ठारुचिविषव्रणान् ||३१||

Synonyms: *Madayantī, śītabhīru* and *bhūpadī.*
***Rasa*(Taste):** *Kaṭu* (pungent) and *tikta* (bitter).
***Guṇa* (Physical property):** *Laghu* (light) and *rūkṣa* (ununctuous).
***Vīrya* (Potency):** *Uṣana* (hot).
Effect on *Tridoṣa*: Pacifies *vāta* and *pitta*.
Action: Aromatic and aphrodisiac.
Therapeutics: Diseases of the mouth and eye, skin diseases, anorexia, poisoning and ulcer.

4.14: *Mādhavī-Hiptage madablota* Gaertn.(Malpighiaceae)

माधवीस्यात्तुवासन्तीपुण्ड्रकोमण्डकोऽपिच |
अतिमुक्तोविमुक्तश्चकामुकोभ्रमरोत्सवः |
माधवीमधुराशीतालघ्वीदोषत्रयापहा ||३२||

Synonyms: *Vāsantī, puṇḍraka, maṇḍaka, atimukta vimukta, kāmuka* and *bhramarōtsava.*
***Rasa* (Taste):** *Madhura* (sweet).
***Guṇa* (Physical property):** *Laghu* (Light).
***Vīrya* (Potency):** *Śīta* (cold).
Effect on *Tridoṣa*: Pacifies *vāta*, *pitta* and *kapha*.

4.15.1: *Kētakī-Pandanus odoratissimus* L.f. (Pandanaceae)

केतकःसूचिकापुष्पोजम्बुकःक्रकचच्छदः |
सुवर्णकेतकीत्वन्यालघुपुष्पासुगन्धिनी ||३३||
केतकःकटुकःस्वादुर्लघुस्तिक्तःकफापहः |
उष्णातिक्तरसाज्ञेयाचक्षुष्याहेमकेतकी ||३४||

Synonyms: *Sūcikāpuṣpa, jambuka* and *krakacacchada.*
***Rasa* (Taste):** *Madhura* (sweet), *kaṭu* (pungent) and *tikta* (bitter).
***Guṇa* (Physical property):** *Laghu* (Light).
Effect on *Tridoṣa*: Pacifies *kapha*.

4.15.2: *Suvarṇakētakī*

Synonyms: *Laghupuṣpā* and *sugandhinī.*

***Rasa* (Taste):** *Tikta* (Bitter).
***Vīrya* (Potency):** *Uṣana* (hot).
Therapeutics: Diseases of the eye.

4.16: *Kiṅkirāta-Acacia latromum* Willd. (Fabaceae)

किङ्किरातोहेमगौरःपीतकःपीतभद्रकः |
किङ्किरातोहिमस्तिक्तःकषायश्चहरेदसौ |
कफपित्तपिपासास्रदाहशोषवमिक्रिमीन् ||३५||

Synonyms: *Hēmagaura, pītaka* and *pītabhadraka.*
***Rasa* (Taste):** *Kṣāya* (astringent) and *tikta* (bitter).
***Guṇa* (Physical property):** *Laghu* (light) and *rūkṣa* (ununctuous).
***Vīrya* (Potency):** *Śīta* (cold).
Effect on *Tridoṣa*: Pacifies *kapha* and *pitta*.
Therapeutics: Thirst, blood diseases, burning sensation, consumption, vomiting and worm infestation.

4.17: *Karṇikāra*

कर्णिकारःपरिव्याधःपादपोत्पलइत्यपि ।
कर्णिकारःकटुस्तिक्तस्तुवरःशोधनोलघुः ।
रञ्जनःसुखदःशोथश्लेष्मास्रव्रणकुष्ठजित् ॥३६॥

Synonyms: *Parivyādhaḥ* and *pādapōtpala*.
***Rasa* (Taste):** *Kaṭu* (pungent),*kṣāya*(astringent) and *tikta* (bitter).
***Guṇa* (Physical property):** *Laghu* (light).
***Vīrya* (Potency):** *Śīta* (cold).
Effect on *Tridoṣa*: Pacifies *kapha*.

Therapeutics: Edema, blood diseases, ulcer and skin diseases.

4.18: *Aśōka-Saraca asoca* (Roxb.) Willd (Fabaceae)

अशोकोहेमपुष्पश्चवञ्जुलस्ताम्रपल्लवः ।
कङ्केलिपिण्डपुष्पश्चगन्धपुष्पोनटस्तथा ॥३७॥
अशोकःशीतलस्तिक्तोग्राहीवर्ण्यःकषायकः ।
दोषापचीतृषादाहकृमिशोषविषास्रजित् ॥३८॥

Synonyms: *Hēmapuṣpa, vañjula, tāmrapallava, kaṅka, lipiṇḍapuṣpa, gandhapuṣpa* and *naṭasta*.
***Rasa* (Taste):** *Kṣāya* (astringent) and *tikta*(bitter).
***Guṇa* (Physical property):** *Laghu* (light) and *rūkṣa* (unnnctuous).
***Vīrya* (Potency):** *Śīta* (cold).
Effect on *Tridoṣa*: Pacifies *vāta*.
Action: Astringent and alterative.
Therapeutics: Cervical adenitis, thirst, burning sensation, worm infestation, consumption, poisoning and blood diseases.

4.19: *Amlāṭana*

अम्लातोऽम्लाटनःप्रोक्तस्तथाऽम्लातकइत्यपि |
कुरण्टकोवर्णपुष्पःसएवोक्तोमहासहः |
अम्लाटनःकषायोष्णःस्निग्धःस्वादुश्चतिक्तकः ||३९||

Synonyms: *Amlāta, amlātaka, kuraṇṭaka, varṇapuṣpa, ēvōkta* and *mahāsaha.*
***Rasa* (Taste):** *Kṣāya* (astringent) and *tikta* (bitter).
***Guṇa* (Physical property):** *Snigdha* (unctuous).
***Vīrya* (Potency):** *Ūṣana* (hot).
Effect on *Tridoṣa*: Pacifies *vāta*.
Action: Astringent and alterative.
Therapeutics: Cervical adenitis, thirst, burning sensation, worm infestation, consumption, poisoning and blood diseases.

4.20.1: *Sairēyaka- Barleria prionitis* L.(Acanthaceae)

सैरेयकःश्वेतपुष्पःसैरेयःकटसारिका |
सहाचरःसहचरःसचभिन्द्यपिकथ्यते ||४०||
कुरण्टकोऽत्रपीतेस्याद्रक्तेकुरबकःस्मृतः |
नीलेबाणाद्वयोरुक्तोदासीआर्तगलश्चसः ||४१||
सैरेयःकुष्ठवातास्रकफकण्डूविषापहः |
तिक्तोष्णोमधुरोऽनम्लःसुस्निग्धःकेशरञ्जनः ||४२||

Synonyms: *Śvētapuṣpa, sairēya, kaṭasārikā, sahācara* and *sahacara.*
***Rasa* (Taste):** *Madhura* (sweet), *amla* (sour) and *tikta* (bitter).
***Guṇa* (Physical property):** *Snigdha* (unctuous).
***Vīrya* (Potency):** *Ūṣana* (hot).
Effect on *Tridoṣa*: Pacifies *vāta* and *kapha*.
Therapeutics: Skin diseases, gout, pruritis and poisoning.

4.20.2: Yellow variety of *Sairēyaka-Barleria cristata*L.(Acanthaceae)

Synonyms: *Kuraṇṭaka.*

4.20.3: Red variety of *Sairēyaka-Barleria strigosa* L.(Acanthaceae)

Synonyms: *Kurbaka.*

4.20.4: Blue variety of *Sairēyaka- Acanthus ilicifolius* L. (Acanthaceae)

Synonyms: *Bāṇā, dvayōrukta, dāsī* and *ārtagala.*

4.21: *Kunda-Jasminum multiflorum* (Burm. f.) Andrews (Oleaceae)

कुन्दंतुकथितंमाघ्यंसदापुष्पञ्चतत्स्मृतम् ।
कुन्दंशीतंलघुश्लैष्मशिरोरुग्विषपित्तहृत् ॥४३॥

Synonyms: *Māghya* and *sadāpuṣpa.*
***Guṇa* (Physical property):** *Laghu* (light).
***Vīrya* (Potency):** *Śīta* (cold).
Effect on *Tridoṣa*: Pacifies *pitta* and *kapha.*
Therapeutics: Headache and poisoning.

4.22: *Mucukunda-Pterocarpus acerifolium* Willd. (Steruliaceae)

मुचुकुन्दःक्षत्रवृक्षश्चित्रकःप्रतिविष्णुकः ।
मुचुकुन्दःशिरःपीडापित्तास्रविषनाशनः ॥४४॥

Synonyms: *Kṣatravṛkṣa, citraka* and *prativiṣṇuka.*
Effect on *Tridoṣa*: Pacifies *pitta*.
Therapeutics: Headache, blood diseases and poisoning.

4.23: *Tilaka-Wendiandia exerta* DC. (Rubiaceae)

तिलकःक्षुरकःश्रीमान्पुरुषश्छिन्नपुष्पकः ।
तिलकःकटुकःपाकेरसेचोष्णोरसायनः ।
कफकुष्ठकृमीन्वस्तिमुखदन्तगदान्हरेत् ॥४५॥

Synonyms: *Kṣuraka, śrīmānpuruṣa* and *chinnapuṣpaka.*
***Rasa* (Taste):** *Kaṭu* (pungent).
***Guṇa* (Physical property):** *Laghu* (light).
***Vīrya* (Potency):** *Ūṣana* (hot).
***Vipāka* (Post digestion effect):** *Kaṭu* (pungent).
Effect on *Tridoṣa*: Pacifies *kapha*.
Action: Tonic.
Therapeutics: Skin diseases, worm infestation and diseases of the urinary bladder, mouth and teeth.

4.24: *Bandhūka-Pentapoetes phoenicea* L. (Steruliaceae)

बन्धूकोबन्धुजीवश्चरक्तोमाध्याह्निकोऽपिच ।
बन्धूकःकफकृद्ग्राहीवातपित्तहरोलघुः ॥४६॥

Synonyms: *Bandhujīva, rakta* and *mādhyāhnika.*
***Guṇa* (Physical property):** *Laghu* (light).
Effect on *Tridoṣa*: Pacifies *vāta* and *pitta* but aggravates *kapha*.
Action: Astringent.

4.25.1: *Japā-Hibiscus rosa-sinensis* L. (Malvaceae)

ओंड्रपुष्पंजपाचाथत्रिसन्ध्यासारुणासिता ।
जपासंग्राहिणीकेश्यात्रिसन्ध्याकफवातजित् ॥४७॥

Synonyms: *Ōṁḍrapuṣpa* and*trisandhyā*.
Action: Astringent.
Therapeutics: Hair diseases.
Effect on *Tridoṣa*: Pacifies *vāta* and *kapha*.

4.26: *Sindūrī-Bixa orellana* L. (Bixaceae)

सिन्दूरीरक्तबीजाचरक्तपुष्पासुकोमला |
सिन्दूरीविषपित्तास्रतृष्णावान्तिहरीहिमा ||४८||

Synonyms: *Raktabījā, raktapuṣpā* and *sukōmalā.*
***Vīrya* (Potency):** *Śīta* (cold).
Effect on *Tridoṣa*: Pacifies *pitta*.

Therapeutics: Poisoning, blood diseases, thirst and vomiting.

4.27: *Agastya-Sesbania grandiflora* (L.) Poiret (Malvaceae)

अथागस्त्योवङ्गसेनोमुनिपुष्पोमुनिद्रुमः |
अगस्तिःपित्तकफजिच्चातुर्थिकहरोहिमः |
रूक्षोवातकरस्तिक्तःप्रतिश्यायनिवारणः ||४९||

Synonyms: *Vaṅgasēna, munipuṣpa* and *munidruma.*
***Rasa* (Taste):** *Tikta*(bitter).
***Guṇa* (Physical property):** *Rūkṣa* (unctuous).
***Vīrya* (Potency):** *Śīta* (cold).
Effect on *Tridoṣa*: Pacifies *pitta* and *kapha* but aggravates *vāta*.
Therapeutics: Quotidian fever and rhinitis.

4.28: *Tulasī-Ocimum sanctum* L. (Lamiaceae)

तुलसीसुरसाग्राम्यासुलभाबहुमञ्जरी |

अपेतराक्षसीगौरीभूतघ्नीदेवदुन्दुभिः ॥५०॥
तुलसीकटुकातिक्ताहृद्योष्णादाहपित्तकृत् ।
दीपनीकुष्ठकृच्छ्रास्रपार्श्वरुक्कफवातजित् ।
शुक्लाकृष्णाचतुलसीगुणैस्तुल्याप्रकीर्तिता ॥५१॥

Synonyms: *Surasā, grāmyā, sulabhā, bahumañjarī, apētarākṣasī, gaurī, bhūtaghnī* and *dēvadundubhi.*

***Rasa* (Taste):** *Kaṭu* (pungent) and *tikta* (bitter).

***Guṇa* (Physical property):** *Rūkṣa* (unctuous).

***Vīrya* (Potency):** *Ūṣana* (hot).

Effect on *Tridoṣa*: Pacifies *vāta* and *kapha* but aggravates *pitta*.

Action: Cardiac tonic and appetizer.

Therapeutics: Burning sensation, skin diseases, dysuria and blood diseases.

4.29: *Marubaka-Origanum majorana* L. (Lamiaceae)

मारुतोऽसौमरुबकोमरुन्मरुरपिस्मृतः ।
फणीफणिज्जकश्चापिप्रस्थपुष्पःसमीरणः ॥५२॥
मरुदग्निप्रदोहृद्यस्तीक्ष्णोष्णःपित्तलोलघुः ।
वृश्चिकादिविषश्लेष्मवातकुष्ठक्रिमिप्रणुत् ।
कटुपाकरसोरुच्यस्तिक्तोरूक्षःसुगन्धिकः ॥५३॥

Synonyms: *Māruta, maru, marurapi, phaṇī, phaṇijjaka, prasthapuṣpa* and *samīraṇa.*

***Rasa* (Taste):** *Kaṭu* (pungent) and *tikta* (bitter).

***Guṇa* (Physical property):** *Tikṣana* (sharp).

***Vīrya* (Potency):** *Ūṣana* (hot).

Vipāka* (Post digestion effect):Kaṭu* (pungent).

Effect on *Tridoṣa*: Pacifies *vāta* and *kapha* but aggravates *pitta*.

Action: Appetizer, aromatic and cardiac tonic.

Therapeutics: Skin diseases, worm infestation and scorpion poisoning.

4.30: *Damanaka-Artemisia vulgaris* L. (Asteraceae)

उक्तोदमनकोदान्तोमुनिपुत्रस्तपोधनः ।

गन्धोत्कटोब्रह्मजटोविनीतःकलपत्रकः ||५४||
दमनस्तुवरस्तिक्तोहृद्योवृष्यःसुगन्धिकः |
ग्रहणाद्विषकुष्ठास्रक्लेदकण्डूत्रिदोषजित् ||५५||

Synonyms: *Dānta, muniputra, tapōdhana, gandhōtkaṭa, brahmajaṭa vinīta* and *kalapatraka.*
***Rasa* (Taste):** *Kaṭu* (pungent) and *kṣāya* (astringent).
***Guṇa* (Physical property):** *Tikṣana* (sharp).
***Vīrya* (Potency):** *Ūṣana* (hot).
Vipāka* (Post digestion effect):Kaṭu* (pungent).
Effect on *Tridoṣa*: Pacifies *vāta*, *pitta* and *kapha.*
Action: Cardiac tonic, aromatic and aphrodisiac.
Therapeutics: Poisoning, skin diseases and pruritis.

4.31.1: *Barbarī-Ocimum basilicum* L. (Lamiaceae)

बर्बरीतुवरीतुङ्गीखरपुष्पाऽजगन्धिका |
पर्णाशस्तत्रकृष्णेतुकठिल्लककुठेरकौ |
तत्रशुक्लेऽर्जकःप्रोक्तोवटपत्रस्ततोऽपरः ||५६||
बर्बरीत्रितयंरूक्षंशीतंकटुविदाहिच |
तीक्ष्णंरुचिकरंहृद्यंदीपनंलघुपाकिच |
पित्तलंकफवातास्रकण्डूकृमिविषापहम् ||५७||

Synonyms: *Tuvarī, tuṅgī, kharapuṣpā* and *ajagandhikā.*
***Rasa* (Taste):** *Kaṭu* (pungent) and *kṣāya* (astringent).
***Guṇa* (Physical property):** *Laghu* (light) and *rūkṣa* (unungtuous).
***Vīrya* (Potency):** *Śīta* (cold).
Vipāka* (Post digestion effect):Kaṭu* (pungent).
Effect on *Tridoṣa*: Pacifies *vāta* and *kapha* but aggravates *pitta*.
Action: Cardiac tonic and appetizer.
Therapeutics: Blood diseases, eczema, worm infestation and poisoning.

4.31.2: *Śuklārjaka -Orthosiphon pallidus* Royle. (Lamiaceae)

Synonyms: *Kaṭhillaka* and *kuṭhēraka.*
***Rasa* (Taste):** *Kaṭu* (pungent).
***Guṇa* (Physical property):** *Laghu* (light) and *rūkṣa* (ununctuous).
***Vīrya* (Potency):** *Śīta* (cold).
Vipāka* (Post digestion effect):Kaṭu* (pungent).
Effect on *Tridoṣa*: Pacifies *vāta* and *kapha* but aggravates *pitta.*
Action: Cardiac tonic and appetizer.
Therapeutics: Blood diseases, eczema, worm infestation and poisoning.

4.31.3: *Śhvētuārjaka-Ocimum gratissimum* L. (Lamiaceae)

Synonym:*Vaṭapatra.*
***Rasa* (Taste):** *Kaṭu* (pungent).
***Guṇa* (Physical property):** *Laghu* (light) and *rūkṣa* (ununctuous).
***Vīrya* (Potency):** *Śīta* (cold).
Vipāka* (Post digestion effect):Kaṭu* (pungent).
Effect on *Tridoṣa*: Pacifies *vāta* and *kapha* but aggravates *pitta.*
Action: Cardiac tonic and appetizer.
Therapeutics: Blood diseases, eczema, worm infestation and poisoning.

Chapter 5: *Vaṭādivarga*

5.1: *Vaṭa-Ficus benghalensis* L. (Moraceae)

वटोरक्तफलःशृङ्गीन्यग्रोधःस्कन्धजोध्रुवः |
क्षीरीवैश्रवणोवासोबहुपादोवनस्पतिः ||१||
वटःशीतोगुरुर्ग्राहीकफपित्तव्रणापहः |
वर्ण्योविसर्पदाहघ्नःकषायोयोनिदोषहृत् ||२||

Synonyms: *Raktaphala, śṛṅgī, nyagrōdha, skandhaja, dhruva, kṣīrī, vaiśravaṇa, vāsa bahupāda* and *vanaspati.*
***Rasa* (Taste):** *Kṣāya* (astringent).
***Guṇa* (Physical property):** *Gurū* (heavy).
***Vīrya* (Potency):** *Śīta* (cold).
Effect on *Tridōṣa*: Pacifies *pitta* and *kapha*.
Action (s): Alterative and astringent.
Therapeutics: Ulcer, erysipelas, burning sensation and diseases of the vagina.

5.2: *Aśvattha-Ficus religiosa* L. (Moraceae)

बोधिद्रुःपिप्पलोऽश्वत्थश्चलपत्रोगजाशनः |
पिप्पलोदुर्जरःशीतःपित्तश्लेष्मव्रणास्रजित् |
गुरुस्तुवरकोरूक्षोवर्ण्योयोनिविशोधनः ||३||

Synonyms: *Bōdhidru, pippala, aśvattha, calapatra* and *gajāśana.*
***Rasa* (Taste):** *Kṣāya* (astringent).
***Guṇa* (Physical property):** *Gurū* (heavy) and *rūkṣa* (ununctuous).
***Vīrya* (Potency):** *Śīta* (cold).
Effect on *Tridōṣa*: Pacifies *pitta* and *kapha*.
Action (s): Alterative and astringent.
Therapeutics: Ulcer and diseases of blood and vagina.

5.3: *Pippalabhēda-Thespesia populnea* (L.) Sol. ex Corrêa (Malvaceae)

पारीषोऽन्यःपलाशश्चकपिचूतःकमण्डलुः ।
गर्दभाण्डःकन्दरालःकपीतनसुपार्श्वकौ ॥४॥
पारीषोदुर्जरःस्निग्धःकृमिशुक्रकफप्रदः ।
फलेऽम्लोमधुरोमूलेकषायस्वादुमज्जकः ॥५॥

Synonyms: *Pārīṣa, palāśa, kapicūta, kamaṇḍalu, gardabhāṇḍa, kandarāla, kapītana* and *supārśvaka.*
***Rasa* (Taste):** Fruit is*amla* (sour), root is *madhura* (sweet) and the fruit pulp is *kṣāya* (astringent).
***Guṇa* (Physical property):** *Snigdha* (unctuous)
***Vīrya* (Potency):** *Śīta* (cold).
Effect on *Tridōṣa*: Pacifies *pitta* and but aggravates *kapha*.
Action (s): Spermopiotic.
Therapeutics: Worm infestation.
Note: *Pārīṣa* is difficult to digest.

5.4: *Nandīvṛkṣa -Ficus retusa* L. (Moraceae)

नन्दीवृक्षोऽश्वत्थभेदःप्ररोहीगजपादपः ।
स्थालीवृक्षःक्षयतरुःक्षीरीचस्याद्वनस्पतिः ॥६॥
नन्दीवृक्षोलघुःस्वादुस्तिक्तस्तुवरउष्णकः ।
कटुपाकरसोग्राहीविषपित्तकफास्रजित् ॥७॥

Synonyms: *Aśvatthabhēda, prarōhī, gajapādapa, sthālīvṛkṣa, kṣayataru, kṣīrī* and *vanaspati.*
***Rasa* (Taste):** *Madhura* (sweet), *tikta* (bitter) and *kṣāya* (astringent).
***Guṇa* (Physical property):** *Laghu* (light).
***Vīrya* (Potency):** *Ūṣana* (hot).
***Vipāka* (Post digestion effect):** *Kaṭu* (pungent).
Effect on *Tridōṣa*: Pacifies *pitta* and *kapha*.

Action (s): Astringent.
Therapeutics: Poisoning and blood diseases.

5.5: *Udumbara-Ficus glomerata* Roxb. (Moraceae)

उदुम्बरोजन्तुफलोयज्ञाङ्गोहेमदुग्धकः |
उदुम्बरोहिमोरूक्षोगुरुःपित्तकफास्रजित् |
मधुरस्तुवरोवर्ण्योव्रणशोधनरोपणः ||८||

Synonyms: *Jantuphala, yajñāṅga* and *hēmadugdhaka.*
***Rasa* (Taste):** *Madhura* (sweet) and *kṣāya* (astringent).
***Guṇa* (Physical property):** *Gurū* (heavy) and *rūkṣa* (ununctuous).
***Vīrya* (Potency):** *Śīta* (cold).
Effect on *Tridōṣa*: Pacifies *pitta* and *kapha*.
Action (s): Alterative and vulnerary.
Therapeutics: Blood diseases.

5.6: *Kākōdumbarikā-Ficus hispida* L. (Moraceae)

काकोदुम्बरिकाफल्गुर्मलयूर्जघनेफला |
मलपूःस्तम्भकृत्तिक्ताशीतलातुवराजयेत् |
कफपित्तव्रणश्वित्रकुष्ठपाण्ड्वर्शकामलाः ||९||

Synonyms: *Phalgu, malayū* and *jaghanēphalā.*
***Rasa* (Taste):** *Tikta* (bitter) and *kṣāya* (Astringent).
***Guṇa* (Physical property):** *Gurū* (heavy) and *rūkṣa* (ununctuous).
***Vīrya* (Potency):** *Śīta* (cold).
Effect on *Tridōṣa*: Pacifies *pitta* and *kapha*.
Therapeutics: Ulcer, leucoderma, anemia, hemorrhoids and jaundice.

5.7: *Plaksha-Ficus infectoria* (Miq.) Miq. (Moraceae)

प्लक्षोजटीपर्करीचपर्कटीचस्त्रियामपि |

प्लक्षःकषायःशिशिरोव्रणयोनिगदापहः |
दाहपित्तकफास्रघ्नःशोथहारक्तपित्तहृत् ||१०||

Synonyms: *Jaṭī, parkarī* and *parkaṭī.*
***Rasa* (Taste):** *Kṣāya* (astringent).
Effect on *Tridōṣa*: Pacifies *pitta* and *kapha*.
Therapeutics: Ulcer, diseases of the vagina, burning syndrome, blood diseases, edema and epistaxis.

5.8: *Śirīṣa-Albizia lebbeck* (L.) Benth.(Fabaceae)

शिरीषोभण्डिलोभण्डीभण्डीरश्चकपीतनः |
शुकपुष्पःशुकतरुर्मृदुपुष्पःशुकप्रियः ||११||
शिरीषोमधुरोऽनुष्णस्तिक्तश्चतुवरोलघुः |
दोषशोथविसर्पघ्नःकासव्रणविषापहः ||१२||

Synonyms: *Bhaṇḍila, bhaṇḍī, bhaṇḍīra, kapītana, śukapuṣpa, śukataru, mṛdupuṣpa* and *śukapriya.*
***Rasa* (Taste):** *Madhura* (sweet), *tikta* (bitter) and *kṣāya* (astringent).
***Vīrya* (Potency):** *Ūṣana* (hot).
Effect on *Tridōṣa*: Pacifies *vāta*, *pitta* and *kapha*.
Therapeutics: Edema, erysipelas, cough, ulcer and poisoning.

5.9.1: *Kṣīrivṛkṣa*

न्यग्रोधोदुम्बराश्वत्थपारीषप्लक्षपादपाः |
पञ्चैतेक्षीरिणोवृक्षास्तेषांत्वकपञ्चवल्कलम् ||१३||
केचित्तुपारीषस्थानेशिरीषंवेतसंवदन्तीतिशेषः |
क्षीरवृक्षाहिमावर्ण्यायोनिरोगव्रणापहाः |
रूक्षाःकषायामेदोघ्नाविसर्पामयनाशनाः ||१४||
शोथपित्तकफास्रघ्नाःस्तन्याभग्नास्थियोजकः |
त्वकपञ्चकंहिमंग्राहिव्रणशोथविसर्पजित् ||१५||

तेषांपत्रंहिमंग्राहिकफवातास्रनुल्लघु |
विष्टम्भाध्मानजित्तिक्तंकषायंलघुलेखनम् ||१६||

Ingredients: *Vaṭa* (*Ficus bengalensis*), *udumbara* (*Ficus glomerata*), *aśvattha* (*Ficus religiosa*), *pārīṣa* (*Thespesia populnea*) and *plakṣa* (*Ficus infectoria*).
***Rasa* (Taste):** *Kṣāya* (astringent).
***Guṇa* (Physical property):** *Rūkṣa* (ununctuous).
***Vīrya* (Potency):** *Śīta* (cold).
Effect on *Tridōṣa*: Pacifies *pitta* and *kapha*.
Action: Alterative and galactagouge.
Therapeutics: Fractures, diseases of the vagina, ulcer, obesity, erysipelas, edema and blood diseases.

5.9.2: *Pañcavalkala* (Barks of *kṣīrivṛkṣa*)

Ingredients: Bark of*Vaṭa* (*Ficus bengalensis*), *udumbara* (*Ficus glomerata*), *aśvattha* (*Ficus religiosa*), *pārīṣa* (*Thespesia populnea*) and *plakṣa* (*Ficus infectoria*).
***Vīrya* (Potency):** *Śīta* (cold).
Effect on *Tridōṣa*: Pacifies *pitta* and *kapha*.
Action: Astringent.
Therapeutics: Ulcer, edema and erysipelas.

5.9.3: Leaves of *kṣīrivṛkṣa*

Ingredients: Leaves of*Vaṭa* (*Ficus bengalensis*), *udumbara* (*Ficus glomerata*), *aśvattha* (*Ficus religiosa*), *pārīṣa* (*Thespesia populnea*) and *plakṣa* (*Ficus infectoria*).
***Rasa* (Taste):** *Tikta* (bitter) and *kṣāya* (astringent).
***Guṇa* (Physical property):** *Laghu* (light).
***Vīrya* (Potency):** *Śīta* (cold).
Effect on *Tridōṣa*: Pacifies *pitta* and *kapha*.
Action: Astringent.
Therapeutics: Obesity, blood diseases and tympanites.

5.10: *Śāla- Shorea robusta* Roth (Dipterocarpaceae)

शालस्तुसर्जकाश्यश्वकर्णकाःशस्यशम्बरः |

अश्वकर्णःकषायःस्याद्व्रणस्वेदकफक्रिमीन्।
ब्रध्नविद्रधिबाधिर्ययोनिकर्णगदान्हरेत् ॥१७॥

Synonyms: *Sarja, kārśya, aśvakarṇakā* and *śasyaśambara.*
***Rasa* (Taste):** *Kṣāya* (astringent).
Effect on *Tridōṣa*: Pacifies *kapha.*
Therapeutics: Ulcer, hyperhidrosis, hernia, abscess, deafness, vaginal diseases and diseases of the ear.

5.11: *Sarjaka-Vateria indica* L. (Dipterocarpaceae)

सर्जकोऽन्योऽजकर्णःस्याच्छालोमरिचपत्रकः।
अजकर्णःकटुस्तिक्तःकषायोष्णोव्यपोहति।
कफपाण्डुश्रुतिगदान्मेहकुष्ठविषव्रणान् ॥१८॥

Synonyms: *Ajakarṇa, chāla* and *maricapatraka.*
***Rasa* (Taste):** *Kaṭu* (pungent) and*kṣāya* (astringent).
***Guṇa* (Physical property):** *Laghu* (light).
***Vīrya* (Potency):** *Ūṣana* (hot).
Effect on *Tridōṣa*: Pacifies *kapha.*
Therapeutics: Anemia, ear diseases, polyuria, skin diseases, poisoning and ulcer.

5.12: *Śallakī-Boswellia serrata* Triana & Planch. (Burseraceae)

शल्लकीगजभक्ष्याचसुवहासुरभीरसा।
महेरुणाकुन्दुरुकीवल्लकीचबहुस्रवा ॥१९॥
शल्लकीतुवराशीतापित्तश्लेष्मातिसारजित्।
रक्तपित्तव्रणहरीपुष्टिकृत्समुदीरिता ॥२०॥

Synonyms: *Gajabhakṣyā, suvahā, surabhī, rasā, mahēruṇā, kundurukī, vallakī* and *bahusravā*
***Rasa* (Taste):** *Kaṭu* (pungent).

***Guṇa* (Physical property):** *Laghu* (light).
***Vīrya* (Potency):** *Śīta* (cold).
Effect on *Tridōṣa*: Pacifies *pitta* and *kapha*.
Action: Nutritive.
Therapeutics: Diarrhoea, epistaxis and ulcer.

5.13.1: *Śiṁśapā-Dalbergia sissoo* Roxb.(Fabaceae)

शिंशपापिच्छिलाश्यामाकृष्णसाराचसागुरु |
कपिलासैवमुनिभिर्भस्मगर्भेतिकीर्तिता ||२१||
शिंशपाकटुकातिक्ताकषायाशोषहारिणी |
उष्णवीर्याहरेन्मेदःकुष्ठश्वित्रवमिकृमीन् |
वस्तिरुग्व्रणदाहास्रबलासान्गर्भपातिनी ||२२||

Synonyms: *Picchilā, śyāmā* and *kṛṣṇasārā*.
***Rasa* (Taste):** *Kaṭu* (pungent)and*kṣāya* (astringent).
***Guṇa* (Physical property):** *Laghu* (light).
***Vīrya* (Potency):** *Ūṣana* (hot).
Effect on *Tridōṣa*: Pacifies *kapha*.
Action: Abortifacient.
Therapeutics: Consumption, obesity, skin diseases, leucoderma, vomiting, worm infestation, diseases of the urinary bladder, ulcer, burning syndrome and blood diseases.

5.13.2: *Bhasamgharbhā-Dalbergia latifolia* Roxb. (Fabaceae)

Description: *Śiṁśapā* having heavy texture and black color.

5.14: *Kakubha-Terminalia arjuna* (Roxb.) Wight & Arn. (Combertaceae)

ककुभोऽर्जुननामाख्योनदीसर्जश्चकीर्तितः |
इन्द्रद्रुर्वीरवृक्षश्चवीरश्चधवलःस्मृतः ||२३||

ककुभःशीतलोहृद्यःक्षतक्षयविषास्रजित्।
मेदोमेहव्रणान्हन्तितुवरःकफपित्तहृत् ॥२४॥

Synonyms: *Arjuna, nadīsarja, indradru, vīravṛkṣa, vīra* and *dhavala.*
***Rasa* (Taste):** *Kṣāya* (astringent).
***Guṇa* (Physical property):** *Laghu* (light).
***Vīrya* (Potency):** *Śīta* (cold).
Effect on *Tridōṣa*: Pacifies *pitta* and *kapha.*
Action: Cardiac tonic.
Therapeutics: Consumption, phthisis, poisoning, blood diseases, obesity, polyuria and ulcer.

5.15: *Bījaka-Pterocarpus marsupium* Roxb. (Fabaceae)

बीजकःपीतसारश्चपीतशालकइत्यपि।
बन्धूकपुष्पःप्रियकःसर्जकश्चासनःस्मृतः ॥२५॥
बीजकःकुष्ठवीसर्पश्वित्रमेहगुदक्रिमीन्।
हन्तिश्लेष्मास्रपित्तञ्चत्वच्यःकेश्योरसायनः ॥२६॥

Synonyms: *Pītasāra, pītaśālaka, bandhūkapuṣpa, priyaka, sarjaka* and *asana.*
Effect on *Tridōṣa*: Pacifies *pitta* and *kapha*.
Action: Tonic.
Therapeutics: Skin diseases, hair diseases, skin diseases, erysipelas, leucoderma, polyuria, roundworm, blood diseases and epistaxis.

5.16: *Khadira- Acacia catechu* (L.f.) Willd (Fabaceae)

खदिरोरक्तसारश्चगायत्रीदन्तधावनः।
कण्टकीबालपत्रश्चबहुशल्यश्चयज्ञियः।
खदिरःशीतलोदन्त्यःकण्डूकासारुचिप्रणुत्।
तिक्तःकषायोमेदोघ्नःकृमिमेहज्वरव्रणान्।
श्वित्रशोथामपित्तास्रपाण्डुकुष्ठकफान्हरेत् ॥२७॥

Synonyms: *Raktasāra, gāyatrī, dantadhāvana, kaṇṭakī, bālapatra* and *bahuśalya.*

***Rasa* (Taste):** *Tikta* (bitter) and *kṣāya* (astringent).
***Guṇa* (Physical property):** *Laghu* (light).
***Vīrya* (Potency):** *Śīta* (cold).
Effect on *Tridōṣa*: Pacifies *pitta* and *kapha*.
Action: Dentifrice.
Therapeutics: Pruritis, cough, anorexia, obesity, worm infestation, polyuria, fever, ulcer, leucoderma, indigestion, blood diseases, and anemia and skin diseases.

5.17: *Śvēta khadira-Acacia suma* (Roxb.) Voigt (Fabaceae)

खदिरःश्वेतसारोऽन्यःकदरःसोमवल्कलः ।
कदरोविशदोवर्ण्योमुखरोगकफास्रजित् ॥२८॥

Synonyms: *Śvētasāra, kadara* and *sōmavalkala*.
***Guṇa* (Physical property):** *Viṣada* (slimy).
***Vīrya* (Potency):** *Śīta* (cold).
Effect on *Tridōṣa*: Pacifies *kapha*.
Therapeutics: Diseases of the throat and blood.

5.18: *Irimēda-Acacia farnesiana var. farnesiana* (L.) Wight et Arn. (Fabaceae)

इरिमेदोविट्खदिरःकालस्कन्धोऽरिमेदकः ।
इरिमेदःकषायोष्णोमुखदन्तगदास्रजित् ।
हन्तिकण्डूविषश्लेष्मकृमिकुष्ठविषव्रणान् ॥२९॥

Synonyms: *Viṭkhadira, kālaskandha* and *irimēdaka*.
***Rasa* (Taste):** *Kṣāya* (astringent).
***Vīrya* (Potency):** *Ūṣana* (hot).
Effect on *Tridōṣa*: Pacifies *kapha*.
Action: Dentifrice.

Therapeutics: Diseases of the mouth and teeth, blood diseases, pruritis, poisoning, worm infestation, skin diseases and ulcer.

5.19: *Rōhītaka-Tecomella undulata* (Sm.) Seem. (Bignoniaceae)

रोहीतकोरोहितकारोहीदाडिमपुष्पकः ।
रोहीतकःप्लीहघातीरुच्योरक्तप्रसादनः ॥३०॥

Synonyms: *Rōhī* and *dāḍimapuṣpaka.*
Action: Alterative and appetizer.
Therapeutics: Enlarged spleen.

5.20: *Babbūla-Acacia arabica* Willd. (Fabaceae)

Synonyms: *Kiṅkirāta, syātkiṅkirāṭa* and *sapītaka.*
***Rasa* (Taste):** *Tikta* (bitter) and *kṣāya* (astringent).
***Guṇa* (Physical property):** *Laghu* (light).
Effect on *Tridōṣa*: Pacifies *kapha.*
Action: Astringent.
Therapeutics: Skin diseases, worm infestation and poisoning.

5.21: *Ariṣṭaka-Sapindus trifoliatus* L. (Sapindaceae)

अरिष्टकस्तुमाङ्गल्यःकृष्णवर्णोऽर्थसाधनः ।
रक्तबीजःपीतफेनःफेनिलोगर्भपातनः ।
अरिष्टस्तुत्रिदोषघ्नोग्रहभिद्गर्भपातनः ॥३२॥

Synonyms: *Māṅgalya, kṛṣṇavarṇa, arthasādhana, raktabīja, pītaphēna, phēnila* and *garbhapātana.*
Effect on *Tridōṣa*: Pacifies *vāta*, *pitta* and *kapha.*
Action: Abortifacient.
Therapeutics: Microbial infections.

5.22: *Putrajīva-Putranjiva roxburghii* Wall. (Putranjivaceae)

पुत्रजीवोगर्भकरोयष्टीपुष्पोऽर्थसाधकः।
पुत्रजीवोगुरुर्वृष्योगर्भदःश्लेष्मवातहृत्।
सृष्टमूत्रमलोरूक्षोहिमःस्वादुःपटुःकटुः ॥३३॥

Synonyms: *Garbhakara, yaṣṭīpuṣpa* and *arthasādhaka*.
***Rasa* (Taste):** *Madhura* (sweet), *tikta* (bitter) and *kaṭu* (pungent).
***Guṇa* (Physical property):** *Gurū* (heavy) and *rūkṣa* (ununctuous).
Effect on *Tridōṣa*: Pacifies *vāta* and *kapha*.
Action: Aphrodisiac and diuretic.
Therapeutics: Helps in conception.

5.23: *Iṅguda-Balanites roxburghii* Planch. (Zygophyllaceae)

इङ्गुदोऽङ्गारवृक्षश्चतिक्तकस्तापसद्रुमः।
इङ्गुदःकुष्ठभूतादिग्रहव्रणविषक्रिमीन्।
हन्त्युष्णःश्वित्रशूलघ्नस्तिक्तकःकटुपाकवान् ॥३४॥

Synonyms: *Aṅgāravṛkṣa, tiktaka* and *tāpasadruma*.
***Rasa* (Taste):** *Tikta* (bitter).
***Guṇa* (Physical property):** *Gurū* (heavy) and *rūkṣa* (ununctuous).
***Vīrya* (Potency):** *Ūṣana* (hot).
***Vipāka* (Post digestion effect):** *Kaṭu* (pungent).
Effect on *Tridōṣa*: Pacifies *vāta* and *kapha*.
Therapeutics: Microbial infections, ulcer, poisoning, worm infestation, leucoderma and colic.

5.24: *Jiṅginī-Odina wodier* Roxb. (Anacardiaceae)

जिङ्गिनीझिङ्गिनीझिङ्गीसुनिर्यासाप्रमोदिनी।

जिङ्गिनीमधुरासोष्णाकषायायोनिशोधिनी ।
कटुकाव्रणहृद्रोगवातातीसारहृत्पटुः ॥३५॥

Synonyms: *Jhiṅginī, jhiṅgī, suniryāsā* and *pramōdinī*.
***Rasa* (Taste):** *Madhura* (sweet), *kaṭu* (pungent), *kṣaya* (astringent) and lavaṇa (saline).
***Guṇa* (Physical property):** *Gurū* (heavy) and *rūkṣa* (ununctuous).
***Vīrya* (Potency):** *Ūṣana* (hot).
Effect on *Tridōṣa*: Pacifies *vāta*.
Therapeutics: Ulcer, heart diseases, and diarrhea.

5.25: *Tamāla-Garcinia morella* (Gaertn.) Desr. (Clusiaceae)

तमालउक्तस्तापिच्छःकालस्कन्धोऽमितद्रुमः ।
लोकस्कन्धोनीलध्वजोनीलतालश्चसस्मृतः ।
तमालःशालवद्वेद्योदाहविस्फोटहृत्पुनः ॥३६॥

Synonyms: *Kālaskandha, amitadruma, lōkaskandha, nīladhvaja* and *nīlatāla*.
Therapeutics: Burning sensation and eruptions.

5.26: *Tūṇī-Cedrela toona* Roxb. ex Rottler (Meliaceae)

तूणीतुन्नकआपीनस्तुणिकःकच्छकस्तथा ।
कुठेरकःकान्तलकोनन्दीवृक्षश्चनन्दकः ॥३७॥
तूणीरक्तःकटुःपाकेकषायोमधुरोलघुः ।
तिक्तोग्राहीहिमोवृष्योव्रणकुष्ठास्रपित्तजित् ॥३८॥

Synonyms: *Tunnaka, āpīnastuṇika, kacchaka, kuṭhēraka, kāntalaka nandīvṛkṣa* and *nandaka*.
***Rasa* (Taste):** *Madhura* (sweet), *kṣaya* (astringent) and *tikta* (bitter).
***Guṇa* (Physical property):** *Laghu* (light).
***Vīrya* (Potency):** *Śīta* (cold).
***Vipāka* (Post digestion effect):** *Kaṭu* (pungent).

Effect on *Tridōṣa*: Pacifies *pitta*.
Action: Astringent.
Therapeutics: Ulcer, skin diseases, blood diseases and epistaxis.

5.27: *Bhūrja-Betula utilis* D. Don (Betulaceae)

भूर्जपत्रःस्मृतोभूर्जश्चर्म्मीबहुलवल्कलः ।
भूर्जोभूतग्रहश्लेष्मकर्णरुक्पित्तरक्तजित् ।
कषायोराक्षसघ्नश्चमेदोविषहरःपरः ॥३९॥

Synonyms: *Bhūrjapatra, bhūrja, carmmī* and *bahulavalkala.*
***Rasa* (Taste):** *Kṣaya* (astringent).
***Guṇa* (Physical property):** *Laghu* (light).
***Vīrya* (Potency):** *Śīta* (cold).
***Vipāka* (Post digestion effect):** *Kaṭu* (pungent).
Effect on *Tridōṣa*: Pacifies *pitta* and *kapha*.
Action: Astringent.
Therapeutics: Diseases of the ear, microbial infections, blood diseases, obesity and poisoning.

5.28.1: *Palāśa-Butea monosperma* (Lam.) Taub. (Fabaceae)

पलाशःकिंशुकःपर्णोयज्ञियोरक्तपुष्पकः ।
क्षारश्रेष्ठोवातहरोब्रह्मवृक्षःसमिद्वरः ॥४०॥
पलाशोदीपनोवृष्यःसरोष्णोव्रणगुल्मजित् ।
कषायःकटुकस्तिक्तःस्निग्धोगुदजरोगजित् ॥४१॥
भग्नसन्धानकृद्दोषग्रहण्यर्शःकृमीन्हरेत् ।
तत्पुष्पंस्वादुपाकेतुकटुतिक्तंकषायकम् ॥४२॥
वातलंकफपित्तास्रकृच्छ्रजिद्ग्राहिशीतलम् ।
तृड्दाहशमकंवातरक्तकुष्ठहरंपरम् ॥४३॥
फलंलघूष्णंमेहार्शःकृमिवातकफापहम् ।

विपाकेकटुकंरूक्षंकुष्ठंगुल्मोदरप्रणुत् ||४४||

Synonyms: *Kiṁśuka, parṇa, yajñiya, raktapuṣpaka, kṣāraśrēṣtha, vātahara, brahmavṛkṣa* and *samidvara.*
***Rasa* (Taste):** *Kaṭu* (pungent), *tikta* (bitter) and *kṣāya* (astringent).
***Guṇa* (Physical property):** *Snigdha* (unctuous).
***Vīrya* (Potency):** *Ūṣana* (hot).
Effect on *Tridōṣa*: Pacifies *vāta*, *pitta* and *kapha.*
Action: Appetizer, aphrodisiac and laxative.
Therapeutics: Ulcer, abdominal tumor, malabsorption, hemorrhoids, worm infestation and rectal diseases.

5.28.2: Flowers of *Palāśa*

***Rasa* (Taste):** *Madhura* (sweet), *tikta* (bitter) and *kṣāya* (astringent).
***Vīrya* (Potency):** *Śīta* (cold).
***Vipāka* (Post digestion effect):** *Kaṭu* (pungent).
Effect on *Tridōṣa*: Pacifies *pitta* and *kapha* but aggravates *vāta.*
Action: Astringent.
Therapeutics: Blood diseases, dysuria, thirst, burning sensation, gout and skin diseases.

5.28.3: Fruit of *Palāśa*

***Guṇa* (Physical property):** *Laghu* (light) and *rūkṣa* (ununctuous).
***Vīrya* (Potency):** *Ūṣana* (hot).
***Vipāka* (Post digestion effect):** *Kaṭu* (pungent).
Effect on *Tridōṣa*: Pacifies *kapha* and *vāta.*
Therapeutics: Polyuria, hemorrhoids, worm infestation, skin diseases, abdominal tumor and abdominal diseases.

5.29: *Śālmali-Bombax malabaricum* L. (Malvaceae)

शाल्मलिस्तुभवेन्मोचापिच्छिलापूरणीतिच |
रक्तपुष्पास्थिरायुश्चकण्टकाढ्याचतूलिनी ||४५||
शाल्मलीशीतलास्वाद्वीरसेपाकेरसायनी |
श्लेष्मलापित्तवातास्रहारिणीरक्तपित्तजित् ||४६||

Synonyms: *Bhavēnmōcā, picchilā, pūraṇīti, raktapuṣpā, sthirāyu, kaṇṭakāḍhyā* and *tūlinī.*
Rasa **(Taste):** *Madhura* (sweet).
Guṇa **(Physical property):** *Snigdha* (unctuous).
Vīrya **(Potency):** *Śīta* (cold).
Vipāka **(Post digestion effect):** *Madhura* (sweet).
Effect on ***Tridōṣa*****:** Pacifies *vāta* and *pitta* but aggravates *kapha.*
Action: Tonic.
Therapeutics: Blood diseases, gout and epistaxis.

5.30: *Mōcarasa*-Extract obtained from *Bombax malabaricum*

निर्यासःशाल्मलेःपिच्छाशाल्मलीवेष्टकोऽपिच ।
मोचास्रावोमोचरसोमोचनिर्यासइत्यपि ॥४७॥
मोचास्रावोहिमोग्राहीस्निग्धोवृष्यःकषायकः ।
प्रवाहिकाऽतिसारामकफपित्तास्रदाहनुत् ॥४८॥

Synonyms: *Śālmalēḥ, picchā* and *śālmalīvēṣṭaka.*
Rasa **(Taste):** *Kṣāya* (astringent).
Guṇa **(Physical property):** *Snigdha* (unctuous).
Vīrya **(Potency):** *Śīta* (cold).
Effect on ***Tridōṣa*****:** Pacifies *pitta* and *kapha.*
Action: Aphrodisiac.
Therapeutics: Dysentery, diarrhea, indigestion, blood diseases and burning sensation.

5.31: *Kūṭaśālmali-Eriodendron anfractuosum* DC (Malvaceae)

कुत्सितःशाल्मलिःप्रोक्तोरोचनःकूटशाल्मलिः ।
कूटशाल्मलिकस्तिक्तःकटुकःकफवातनुत् ।
भेद्युष्णःप्लीहजठरयकृद्गुल्मविषापहः ।
भूतानाहविबन्धास्रमेदःशूलकफापहः ॥४९॥

Synonyms: *Kutsita, śālmali* and *rōcana.*
***Rasa* (Taste):** *Tikta* (bitter) and *kaṭu* (pungent).
***Vīrya* (Potency):** *Ūṣana* (hot).
Effect on *Tridōṣa*: Pacifies *vāta* and *kapha*.
Action: Laxative.
Therapeutics: Diseases of the spleen, abdominal diseases, liver ailments, abdominal tumor, poisoning, microbial infections, tympanites, constipation, blood diseases, obesity and colic.

5.32.1: *Dhava-Anogeissus latifolia* (Roxb. ex DC.) Wall. ex Guill. & Perr. (Combretaceae)

धवोधटोनन्दितरुःस्थिरोगौरोधुरन्धरः।
धवःशीतःप्रमेहार्शःपाण्डुपित्तकफापहः।
मधुरस्तुवरस्तस्यफलञ्चमधुरंमनाक् ॥५०॥

Synonyms: *Dhaṭa, nanditaru, sthira, gaura* and *dhurandhara.*
***Rasa* (Taste):** *Madhura* (sweet) and *kṣāya* (astringent).
***Vīrya* (Potency):** *Śīta* (cold).
Effect on *Tridōṣa*: Pacifies *pitta* and *kapha*.
Therapeutics: Polyuria, hemorrhoids and anemia.

5.32.2:Fruit of *Dhava*

***Rasa* (Taste):** *Madhura*(sweet)

5.33: *Dhanvaṅga-Grewia tilifolia* Vahl (Malvaceae)

धन्वङ्गस्तुधनुर्वृक्षोगोत्रवृक्षःसुतेजनः।
धन्वङ्गःकफपित्तास्रकासहृत्तुवरोलघुः।
बृंहणोबलकृद्रूक्षःसन्धिकृद्व्रणरोपणः ॥५१॥

Synonyms: *Dhanurvṛkṣa, gōtravṛkṣa* and *sutējana.*

***Rasa* (Taste):** *Kṣāya* (astringent).
***Guṇa* (Physical property):** *Laghu* (light).
***Vīrya* (Potency):** *Śīta* (cold).
Effect on *Tridōṣa*: Pacifies *pitta* and *kapha*.
Action: Vulnerary and anabolic.
Therapeutics: Blood diseases, fractures and cough.

5.34: *Karīra-Capparis decidua* (Forssk.) Edgew. (Capparaceae)

करीरःक्रकरोऽपत्रोग्रन्थिलोमरुभूरुहः।
करीरःकटुकस्तिक्तःस्वेद्युष्णोभेदनःस्मृतः।
दुर्नामकफवातामगरशोथव्रणप्रणुत् ॥५२॥

Synonyms: *Krakara, apatra, granthila* and *marubhūruha.*
***Rasa* (Taste):** *Kaṭu* (pungent) and *tikta* (bitter).
***Vīrya* (Potency):** *Ūṣana* (hot).
Effect on *Tridōṣa*: Pacifies *vāta* and *kapha*.
Action: Diaphoretic, laxative and anabolic.
Therapeutics: Hemorrhoids, indigestion, poisoning, edema and ulcer.

5.35. *Śākhōṭa-Sterblus asper* Lour. (Moraceae)

शाखोटःपीतफलकोभूतावासःखरच्छदः।
शाखोटोरक्तपित्तार्शोवातश्लेष्मातिसारजित् ॥५३॥

Synonyms: *Pītaphalaka, bhūtāvāsa* and *kharacchada.*
Effect on *Tridōṣa*: Pacifies *vāta* and *kapha*.
Therapeutics: Epistaxis, hemorrhoids and diarrhea.

5.36: *Varuṇa-Crataeva nurvala*Buch-Hum (Capparaceae)

वरुणोवरणःसेतुस्तिक्तशाकःकुमारकः।

वरुणः पित्तलोभेदीश्लेष्मकृच्छ्राश्ममारुतान् ।
निहन्तिगुल्मवातास्रकृमींश्चोष्णोऽग्निदीपकः ।
कषायोमधुरस्तिक्तःकटुकीरूक्षकोलघुः ॥५४॥

Synonyms: *Varaṇa, sētu, tiktaśāka* and *kumāraka.*
***Rasa* (Taste):** *Madhura* (sweet),*kaṭu* (pungent), *tikta* (bitter) and *ksāya* (astringent).
***Guṇa* (Physical property):** *Laghu* (light) and *rūkṣa* (ununctuous).
***Vīrya* (Potency):** *Ūṣana* (hot).
Effect on *Tridōṣa*: Pacifies *vāta* and *kapha.*
Action: Appetizer and laxative.
Therapeutics: Dysuria, calculus, abdominal tumor, gout and worm infestation.

5.37.1: *Kaṭabhī-Careya arborea* Roxb. (Lecythidaceae)

कटभीस्वादुपुष्पश्चमधुरेणुःकटम्भरः ।
कटभीतुप्रमेहार्शोनाडीव्रणविषक्रिमीन् ।
हन्त्युष्णाकफकुष्ठघ्नीकटुरूक्षाचकीर्तिता ।
तत्फलंतुवरंज्ञेयंविशेषात्कफशुक्रहृत् ॥५५॥

Synonyms: *Svādupuṣpa, madhurēṇu* and *kaṭambhara.*
***Rasa* (Taste):** *Kaṭu* (pungent).
Effect on *Tridōṣa*: Pacifies *kapha*.
Therapeutics: Polyuria, hemorrhoids, fistula, poisoning, worm infestation and skin diseases.

5.37.2:Fruitof *Kaṭabhī*

Effect on *Tridōṣa*: Pacifies *kapha*.
Note: It is harmful for semen.

5.38: *Mōkṣa-Schrebera swietenioides* Roxb. (Oleaceae)

मोक्षस्तुमोक्षकोऽपिस्याद्गोलीढोगोलिहस्तथा ।

क्षारश्रेष्ठःक्षारवृक्षोद्विविधःश्वेतकृष्णकः ||५६||
मोक्षकःकटुकस्तिक्तोग्राह्युष्णःकफवातहृत् |
विषमेदोगुल्मकण्डूबस्तिरुक्कृमिशुक्रनुत् ||५७||

Synonyms: *Mōkṣaka, gōlīḍha, gōliha, kṣāraśrēṣṭha, kṣāravṛkṣa, dvividha* and *śvētakṛṣṇaka.*
Types: It has two types:1. White and 2. Black.
***Rasa* (Taste):** *Kaṭu* (pungent) and *tikta* (bitter).
***Guṇa* (Physical property):** *Laghu* (light) and *rūkṣa* (ununctuous).
***Vīrya* (Potency):** *Ūṣana* (hot).
Effect on *Tridōṣa*: Pacifies *vāta* and *kapha*.
Action: Astringent.
Therapeutics: Poisoning, obesity, pruritis, diseases of the urinary bladder and worm infestation.

5.39: *Śirīṣikā*

शिरीषिकाटिण्टिणिकादुर्बलाऽम्बुशिरीषिका |
त्रिदोषविषकुष्ठार्शोहरीवारिशिरीषिका ||५८||

Synonyms: *Tiṇṭiṇikā, durbalā* and *ambuśirīṣikā.*
***Rasa* (Taste):** *Kaṭu* (pungent) and *tikta* (bitter).
Effect on *Tridōṣa*: Pacifies *vāta*, *pitta* and *kapha*.
Therapeutics: Poisoning, skin diseases and hemorrhoids.

5.40.1: *Śamī-Prosopis cineraria* (L.) Druce (Fabaceae)

शमीसक्तुफलातुङ्गाकेशहन्त्रीफलाशिवा |
मङ्गल्याचतथालक्ष्मीःशमीरःसाऽल्पिकास्मृता ||५९||
शमीतिक्ताकटुःशीताकषायारेचनीलघुः |
कफकासभ्रमश्वासकुष्ठार्शःकृमिजित्स्मृता ||६०||

Synonyms: *Saktuphalā, tuṅgā, kēśahantrī, phalā, śivā, maṅgalyā* and *lakṣmī.*
***Rasa* (Taste):** *Kaṭu* (pungent), *tikta* (bitter) and *kṣāya*(astringent)

***Guṇa* (Physical property):** *Laghu* (light).
***Vīrya* (Potency):** *Śīta* (cold).
Effect on *Tridōṣa*: Pacifies *kapha*.
Action: Laxative.
Therapeutics: Cough, vertigo, asthma, skin diseases, hemorrhoids and worm infestation.

5.40.2:Small variety of *Śamī*

Synonyms: *Śamīra.*

5.41.1: *Saptaparṇa-Alstonia scholaris* (L.) R.Br. (Apocynaceae)

सप्तपर्णोविशालत्वक्शारदोविषमच्छदः |
सप्तपर्णोव्रणश्लेष्मवातकुष्ठास्रजन्तुजित् |
दीपनःश्वासगुल्मघ्नःस्निग्धोष्णस्तुवरःसरः ||६१||

Synonyms: *Viśālatvak, śārada* and *viṣamacchada.*
***Rasa* (Taste):** *Kṣāya* (astringent).
***Guṇa* (Physical property):** *Snigdha* (unctuous).
***Vīrya* (Potency):** *Ūṣana* (hot).
Effect on *Tridōṣa*: Pacifies *vāta* and *kapha*.
Action: Appetizer and laxative.
Therapeutics: Skin diseases, blood disease, microbial infection, asthma and abdominal tumor.

5.42: *Tiniśa-Ougeinia oojeinensis* (Roxb.) Hochr. (Fabaceae)

तिनिशःस्यन्दनोनेमीरथद्रुर्वञ्जुलस्तथा |
तिनिशःश्लेष्मपित्तास्रमेदःकुष्ठप्रमेहजित् |
तुवरःश्वित्रदाहघ्नोव्रणपाण्डुकृमिप्रणुत् ||६२||

Synonyms: *Nēmī, rathadru* and *vañjula.*
***Rasa* (Taste):** *Kṣāya* (astringent).
Effect on *Tridōṣa*: Pacifies *pitta* and *kapha*.
Action: Appetizer and laxative.
Therapeutics: Blood diseases, obesity, skin diseases, polyuria, leucoderma, burning syndrome, ulcer, anemia and worm infestation.

5.43:*Bhūmīsaha-Tectona grandis* L.f. (Lamiaceae)

भूमीसहोद्वारदारुर्नरिदारुःखरच्छदः ।
भूमीसहस्तुशिशिरोरक्तपित्तप्रसादनः ||६३||

Synonyms: *Dvāradāru, naridāru* and *kharacchada.*
***Vīrya* (Potency):** *Śīta* (cold).
Therapeutics: Epistaxis.

Chapter 6: *Āmrādiphalavarga*

6.1.1: *Āmra-Mangifera indica* L. (Anacardiaceae)

आम्रःप्रोक्तोरसालश्चसहकारोऽतिसौरभः |
कामाङ्गोमधुदूतश्चमाकन्दःपिकवल्लभः ||१||

Synonyms: *Rasālaś, sahakāra, atisaurabha, kāmāṅga, madhudūta, mākanda* and *pikavallabha.*

6.1.2: Flowers of *Āmra*

आम्रपुष्पमतीसारकफपित्तप्रमेहनुत् |
असृग्दुष्टिहरंशीतंरुचिकृद्ग्राहिवातलम् ||२||

***Rasa* (Taste):** *Kṣāya* (astringent).
***Vīrya* (Potency):** *Ṣīta* (cold).
Effect on *Tridōṣa*: Pacifies *pitta* and *kapha* but aggravates *vāta*.
Action (s): Appetizer and astringent.
Therapeutics: Diarrhea, polyuria and blood diseases.
Note: Flowersare difficult to digest.

6.1.3: Unripe fruit of *Āmra*

आम्रंबालंकषायाम्लंरुच्यंमारुतपित्तकृत् |
तरुणंतुतदत्यम्लंरूक्षंदोषत्रयास्रकृत् ||३||

***Rasa* (Taste):** *Amla* (sour) and *kṣāya* (astringent).
Effect on *Tridōṣa*: Aggravates *vāta* and *pitta*.
Action (s): Appetizer.

6.1.4: Unripe fruit of old *Āmra*

आम्रमामंत्वचाहीनमातपातिविशोषितम्।
अम्लंस्वादुकषायंस्याद्भेदनंकफवातजित्॥४॥

Rasa **(Taste):** *Amla* (sour).
Guṇa **(Physical property):** *Rūkṣa*.
Effect on *Tridōṣa*: Pacifies *vāta*, *pitta* and *kapha*.
Note: It vitiates blood.

6.1.5: *Pakvāmraphala*

पक्वंतुमधुरंवृष्यंस्निग्धंबलसुखप्रदम्।
गुरुवातहरंहृद्यंवर्ण्यंशीतमपित्तलम्।
कषायानुरसंवह्निश्लेष्मशुक्रविवर्धनम्॥५॥
तदेववृक्षसम्पक्वंगुरुवातहरंपरम्।
मधुराम्लरसंकिञ्चिद्भवेत्पित्तप्रकोपणम्॥६॥
आम्रंकृत्रिमपक्वञ्चतद्भवेत्पित्तनाशनम्।
रसस्याम्लस्यहीनस्तुमाधुर्याच्चविशेषतः॥७॥
चोषितंतत्परंरुच्यंबल्यंवीर्यकरंलघु।
शीतलंशीघ्रपाकिस्याद्वातपित्तहरंसरम्॥८॥
तद्रसोगालितोबल्योगुरुर्वातहरःसरः।
अहृद्यस्तर्पणोऽतीवबृंहणःकफवर्धनः॥९॥
तस्यखण्डंगुरुपरंरोचनंचिरपाकिच।
मधुरंबृंहणंबल्यंशीतलंवातनाशनम्॥१०॥
वातपित्तहरंरुच्यंबृंहणंबलवर्धनम्।
वृष्यंवर्णकरंस्वादुदुग्धाम्रंगुरुशीतलम्॥११॥

Rasa **(Taste):** *Madhura* (sweet),*amla* (sour) and *kṣāya* (astringent).
Effect on *Tridōṣa*: Pacifies *vāta* and *kapha*.

Action (s): Laxative.

6.1.6: Ripe fruit of *Āmra*

***Rasa* (Taste):** *Madhura* (sweet) and *kṣāya* (astringent).
***Guṇa* (Physical property):** *Gurū* (heavy) and *snigdha*.
***Vīrya* (Potency):** *Ṣīta* (cold).
Effect on *Tridōṣa*: Pacifies *vāta* and *kapha* but slightly aggravates *pitta*.
Action: Aphrodisiac, appetizer, cardiac tonic, alterative and spermopiotic.

6.1.7: Naturally mature fruit of *Āmra*

***Rasa* (Taste):** *Madhura* (sweet) and *amla* (sour).
***Guṇa* (Physical property):** *Gurū* (heavy).
Effect on *Tridōṣa*: Pacifies *vāta* but excessively aggravates *pitta*.

6.1.8: Artificially matured fruit of *Āmra*

***Rasa* (Taste):** *Madhura* (sweet) but devoid of *amla* (sour).
***Guṇa* (Physical property):** *Laghu* (light) and *snigdha*.
***Vīrya* (Potency):** *Ṣīta* (cold).
Effect on *Tridōṣa*: Pacifies *vāta* and *pitta*.
Action: Aphrodisiac, appetizer, digestive and laxative.

6.1.9: Expressed juice of *Āmra*

***Guṇa* (Physical property):** *Gurū* (heavy).
Effect on *Tridōṣa*: Pacifies *vāta* but aggravates *kapha*.
Action: Laxative, tonic and nutritive.
Note: Expressed juice of *āmra*is harmful for heart.

6.1.10: Pieces of mature fruit of *Āmra*

***Rasa* (Taste):** *Madhura* (sweet).
***Guṇa* (Physical property):** *Gurū* (heavy).
Effect on *Tridōṣa*: Pacifies *vāta*.
Action: Appetizer and tonic.
Note: It upsets digestion.

6.1.11: Intake of milk along with mature fruit of *Āmra*

***Rasa* (Taste):** *Madhura* (sweet).
***Guṇa* (Physical property):** *Gurū* (heavy).
***Vīrya* (Potency):** *Śīta* (cold).
Effect on *Tridōṣa*: Pacifies *vāta* and *pitta*.
Tonic: Appetizer, aphrodisiac, tonic, nutritive and alterative.

6.1.12: Excessive intake of *Āmra*

मन्दानलत्वंविषमज्वरंचरक्तामयंबद्धगुदोदरंच।
आम्रातियोगोनयनामयंवाकरोतितस्मादतितानिनाद्यात् ॥१२॥
एतदम्लाम्रविषयंमधुराम्लपरंनतु।
मधुरस्यपरंनेत्रहितत्वाद्यागुणायतः ॥१३॥
शुण्ठ्याम्भसोऽनुपानंस्यादाम्राणामतिभक्षणे।
जीरकंवाप्रयोक्तव्यंसहसौवर्चलेनच ॥१४॥

Excessive intake of *Aamra* leads to:

1. Low digestive fire.
2. Fever of irregular mode.
3. Blood diseases.
4. Constipation.
5. Eye diseases.

Note: The above description stands for *āmra* with *amla* (sour) taste not for *āmra* with *amla* (sour) and *madhura* (sweet) taste. *Āmra* with *amla* (sour) and *madhura* (sweet) taste is beneficial for eye.

6.1.13: Treatment of ill effects produced by excessive intake of *Āmra*

Śunthī or dried ginger (*Zingiberofficinale*) with water or *Jīraka* (*Carum carvi*) with *Saurcala lavaṇa* (Black salt).

6.1.14: *Āmrāvarta*

पक्वस्यसहकारस्यपटेविस्तारितोरसः |
घर्मशुष्कोमुहुर्दत्तआम्रावर्तइतिस्मृतः ||१५||
आम्रावर्तस्तृषाच्छर्दिवातपित्तहरःसरः |
रुच्यःसूर्यांशुभिःपाकाल्लघुश्चसहिकीर्तितः ||१६||

Introduction: *Āmrāvarta* is produced by expressing juice from mature fruit of *āmra*. The juice is then dried in sun light. Then juice of mature fruit is poured on the dried one and again dried. This results in a thick layered preparation known as *āmrāvarta*.
***Rasa* (Taste):** *Madhura* (sweet).
Effect on *Tridōṣa*: Pacifies *vāta* and *pitta*.
Tonic: Appetizer and laxative.
Therapeutics: Thirst and vomiting.
Note: *Āmrāvarta* becomes *laghu* (light) on exposure to sunlight.

6.1.15: *Āmrabīja* (seeds of *Āmra*)

आम्रबीजंकषायंस्याच्छर्द्यतीसारनाशनम् |
ईषदम्लञ्चमधुरंतथाहृदयदाहनुत् ||१७||

***Rasa* (Taste):** *Kṣāya* (astringent), *madhura* (sweet) and slightly *amla* (sour).
Therapeutics: Vomiting, diarrhea and heartburn.

6.1.16: *Āmrapallava* (Leaves of *Āmra*)

आम्रस्यपल्लवोरुच्यःकफपित्तविनाशनः ||१८||

Effect on *Tridōṣa*: Pacifies *kapha* and *pitta*.
Tonic: Appetizer.

6.2.1: *Āmrātaka-Spondias pinnata* (L.f.) Kurz (Anacardiaceae)

आम्रातकःपीतनश्चमर्कटाम्रःकपीतनः ।
आम्रातमम्लंवातघ्नंगुरूष्णंरुचिकृत्सरम् ।
पक्वन्तुतुवरंस्वादुरसेपाकेहिमंस्मृतम् ।
तर्पणंश्लेष्मलंस्निग्धंवृष्यंविष्टम्भिबृंहणम् ।
गुरुबल्यंमरुत्पित्तक्षतदाहक्षयास्रजित् ॥१९॥

Synonyms: *Pītana, markaṭāmra* and *kapītana.*
***Rasa* (Taste):** *Amla* (sour).
***Guṇa* (Physical property):** *Gurū* (heavy).
***Vīrya* (Potency):** *Ūṣana* (hot).
Effect on *Tridōṣa*: Pacifies *vāta.*
Action: Appetizer and laxative.

6.2.2: Mature fruit of *Āmrātaka*

***Rasa* (Taste):** *Madhura* (sweet) and *kṣāya* (astringent).
***Guṇa* (Physical property):** *Gurū* (heavy) and *snigdha.*
***Vīrya* (Potency):** *Ṣīta* (cold).
***Vipāka* (Post digestion effect):** *Madhura* (sweet).
Effect on *Tridōṣa*: Pacifies *vāta* and *pitta* but aggravates *kapha.*
Action: Aphrodisiac, tonic and nutritive.
Therapeutics: Consumption, burning sensation, phthisis and blood diseases.

6.3: *Rājāmra*

राजाम्रष्टङ्कआम्रातःकामाह्वोराजपुत्रकः ।
राजाम्रंतुवरंस्वादुविशदंशीतलंगुरु ।
ग्राहिरूक्षंविबन्धाध्मवातकृत्कफपित्तनुत् ॥२०॥

Synonyms: *Sṭaṅkạ, āmrāta, kāmāhva* and *rājaputraka.*

***Rasa* (Taste):** *Madhura* (sweet) and *kṣāya* (astringent).
***Guṇa* (Physical property):** *Viṣada* (viscid), rūkṣa (ununctuous) and *gurū* (heavy).
***Vīrya* (Potency):** *Ṣīta* (cold).
Effect on *Tridōṣa*: Pacifies *kapha* and *pitta* but aggravates *vāta*.
Action: Astringent.
Therapeutics: Constipation and tympanites.

6.4.1: *Kōśāmra-Schleichera oleosa* (Lour.) Oken (Sapindaceae)

कोशाम्रउक्तःक्षुद्राम्रःकृमिवृक्षःसुकोशकः।
कोशाम्रःकुष्ठशोथास्रपित्तव्रणकफापहः।
तत्फलंग्राहिवातघ्नमम्लोष्णंगुरुपित्तलम्।
पक्वन्तुदीपनंरुच्यंलघूष्णंकफवातनुत् ॥२१॥

Synonyms: *Kṣudrāmra, kṛmivṛkṣa* and *sukōśaka*.
***Rasa* (Taste):** *Kṣāya* (astringent).
Effect on *Tridōṣa*: Pacifies *kapha*.
Therapeutics: Skin diseases, edema, blood diseases, epistaxis, ulcer, hyperhidrosis, hernia, abscess, deafness, vaginal diseases and diseases of the ear.

6.4.2: Fruit of *Kōśāmra*

***Rasa* (Taste):** *Madhura* (sweet) and *kṣāya* (astringent).
***Guṇa* (Physical property):** *Gurū* (heavy).
***Vīrya* (Potency):** *Ūṣana* (hot).
Effect on *Tridōṣa*: Pacifies *vāta* but aggravates *pitta*.
Action: Astringent.

6.4.3: Ripe fruit of *Kōśāmra*

***Guṇa* (Physical property):** *Laghu* (light).
***Vīrya* (Potency):** *Ūṣana* (hot).
Effect on *Tridōṣa*: Pacifies *vāta* and *kapha*.
Action: Appetizer and digestive.

6.5.1: *Panasa- Artocarpus heterophyllus* Lam. (Moraceae)

पनशःकण्टकिफलःपलसोऽतिबृहत्फलः।
पनसंशीतलंपक्वंस्निग्धंपित्तानिलापहम्।
तर्पणंबृंहणंस्वादुमांसलंश्लेष्मलंभृशम् ॥२२॥
बल्यंशुक्रप्रदंहन्तिरक्तपित्तक्षतव्रणान्।
आमंतदेवविष्टम्भिवातलंतुवरंगुरु।
दाहकृन्मधुरंबल्यंकफमेदोविवर्धनम् ॥२३॥
पनसोद्भूतबीजानिवृष्याणिमधुराणिच।
गुरूणिबद्धविट्कानिसृष्टमूत्राणिसंवदेत् ॥२४॥
मज्जापनसजोवृष्योवातपित्तकफापहः।
विशेषात्पनसोवर्ज्योगुल्मिभिर्मन्दवह्निभिः ॥२५॥

Synonyms: *Kaṇṭakiphala, palasa* and *atibṛhatphala*.
***Rasa* (Taste):** *Kaṭu* (pungent) and*kṣāya* (astringent).
***Guṇa* (Physical property):** *Snigdha* (unctuous).
***Vīrya* (Potency):** *Śīta* (cold).
Effect on *Tridōṣa*: Pacifiers *vāta* and *pitta* but aggravates *kapha*.
Action: Nutritive, spermopiotic and tonic.
Therapeutics: Epistaxis, phthisis and ulcer.
Note: *Panasa* increases flesh.

6.5.2: Unripe fruit of *Panasa*

***Rasa* (Taste):** Madhura (Sweet) and*kṣāya* (astringent).
***Guṇa* (Physical property):** *Gurū* (heavy).
***Vīrya* (Potency):** *Śīta* (cold).
Effect on *Tridōṣa*: Aggravates *vāta* and *kapha*.
Action: Tonic.
Note: Unripe fruit of *panasa* increases subcutaneous fat or adipose tissue and upsets digestion.

6.5.3: Seeds of *Panasa*

Rasa **(Taste):** *Madhura* (sweet).
Guṇa **(Physical property):** *Gurū* (heavy).
Action: Aphrodisiac and diuretic.

6.5.4: Seed-pulp of *Panasa*

Rasa **(Taste):** *Madhura* (sweet).
Guṇa **(Physical property):** *Gurū* (heavy).
Effect on *Tridōṣa*: Aggravates *vāta*, *pitta* and *kapha*.
Action: Aphrodisiac.

6.5.5: Contraindications of *Panasa*

Abdominal tumor and low digestive fire.

6.6.1: *Lakuca-Artocarpus lacucha* Buch.-Ham. (Moraceae)

लकुचःक्षुद्रपनसोलिकुचोडहुरित्यपि ।
आमंलकुचमुष्णञ्चगुरुविष्टम्भकृत्तथा ।
मधुरञ्चतथाऽम्लञ्चदोषत्रितयरक्तकृत् ॥२६॥
शुक्राग्निनाशनंवाऽपिनेत्रयोरहितंस्मृतम् ।
सुपक्वंतत्तुमधुरमम्लंचानिलपित्तहृत् ।
कफवह्निकरंरुच्यंवृष्यंविष्टम्भकञ्चतत् ॥२७॥

Synonyms: *Kṣudrapanasa, likuca* and *ḍahurit.*
Rasa **(Taste):** *Madhura* (sweet) andamla (sour).
Guṇa **(Physical property):** *Gurū* (heavy).
Vīrya **(Potency):** *Ūṣana* (hot).
Effect on *Tridōṣa*: Aggravates *vāta*, *pitta* and *kapha*.
Note: It produces blood diseases. It is not beneficial for eyes, semen and digestive fire.

6.6.2: Ripe fruit of *Lakuca*

Synonyms: *Dahu, Kshudrpanasa* and *Lekucha.*
Rasa (Taste): Madhura (Sweet) andAmla (Sour).
***Guṇa* (Physical property):** *Gurū* (heavy).
***Vīrya* (Potency):** *Ūṣana* (hot).
Action: Appetizer and aphrodisiac.
Effect on *Tridōṣa*: Aggravates *vāta*, *pitta* and *kapha*.
Note: It is not beneficial for digestive fire.

6.7.1: *Kadalī-Musa sapientum* L. (Musaceae)

कदलीवारणामोचाम्बुसारांशुमतीफला।
मोचाफलंस्वादुशीतंविष्टम्भिकफकृद्गुरु।
स्निग्धंपित्तास्रतृड्दाहक्षतक्षयसमीरजित् ॥२८॥
पक्वंस्वादुहिमंपाकेस्वादुवृष्यञ्चबृंहणम्।
क्षुत्तृष्णानेत्रगदहृन्मेहघ्नंरुचिमांसकृत् ॥२९॥
माणिक्यमर्त्यामृतचम्पकाद्याभेदाःकदल्याबहवोऽपिसन्ति।
उक्तागुणास्तेष्वधिकाभवन्तिनिर्दोषतास्याल्लघुताचतेषाम् ॥३०॥

Synonyms: *Vāraṇā, mōca, ambusāra, aṁśumatīphalā* and *mōcāphala.*
***Rasa* (Taste):** *Madhura* (sweet).
***Guṇa* (Physical property):** *Gurū* (heavy) and *snigdha* (unctuous).
***Vīrya* (Potency):** *Ṣīta* (cold).
Effect on *Tridōṣa*: Pacifies *vāta* and *pitta* but aggravates *kapha*.
Therapeutics: Blood diseases, thirst, consumption and phthisis.
Note: It aggravates *vāta*.

6.7.2: Ripe fruit of *Kadalī*

***Rasa* (Taste):** *Madhura* (sweet).
Vīrya* (Potency):** ***Ṣīta (cold).
Vipāka* (Post digestion effect):Madhura* (sweet).
Effect on *Tridōṣa*: Pacifies *vāta* and *pitta* but aggravates *kapha*.
Action: Aphrodisiac, tonic and nutritive.

Therapeutics: Eye diseases and polyuria.

6.7.3: Varieties of *Kadalī*

Varieties: *Amṛtakadalī, campakakadalī, māṇikyakadalī* and *marttyakadalī.*
***Rasa* (Taste):** *Madhura* (sweet).
***Guṇa* (Physical property):** *Laghu* (light).
***Vīrya* (Potency):** *Ṣīta* (cold).
Effect on *Tridōṣa*: Pacifies *vāta* and *pitta* but aggravates *kapha*.
Therapeutics: Blood diseases, thirst, consumption and phthisis.

6.8.1: *Cirbhiṭa-Cucumis momordica* Roxb. (Cucurbitaceae)

चिर्भिटंधेनुदग्धंचतथागोरक्षकर्कटी।
चिर्भिटंमधुरंरूक्षंगुरुपित्तकफापहम्।
अनुष्णंग्राहिविष्टम्भिपक्वंतूष्णञ्चपित्तलम्॥३१॥

Synonyms: *Dhēnudagdha* and *gōrakṣakarkaṭī.*
***Rasa* (Taste):** *Madhura* (sweet).
***Guṇa* (Physical property):** *Gurū* (heavy) and *rūkṣa* (unctuous).
***Vīrya* (Potency):** *Ūṣana* (hot).
Effect on *Tridōṣa*: Pacifies *pitta* and *kapha*.
Action: Astringent.
Note: *Cirbhiṭa* disturbs digestion.

6.8.2: Fruit of *Cirbhiṭa*

***Vīrya* (Potency):** *Ūṣana* (hot).
Effect on *Tridōṣa*: Pacifies *pitta*.

6.9.1: *Nārikēra-Cocos nucifera* L. (Arecaceae)

नारिकेरोदृढफलोलाङ्गलीकूर्चशीर्षकः।

तुङ्गःस्कन्धफलश्चैवतृणराजःसदाफलः ||३२||
नारिकेरफलंशीतंदुर्जरंवस्तिशोधनम् |
विष्टम्भिबृंहणंबल्यंवातपित्तास्रदाहनुत् ||३३||
विशेषतःकोमलनारिकेरंनिहन्तिपित्तज्वरपित्तदोषान् |
तदेवजीर्णगुरुपित्तकारिविदाहिविष्टम्भिमतंभिषग्भिः ||३४||
तस्याम्भःशीतलंहृद्यंदीपनंशुक्रलंलघु |
पिपासापित्तजित्स्वादुबस्तिशुद्धिकरंपरम् ||३५||
नारिकेरस्यतालस्यखर्जूरस्यशिरांसितु |
कषायस्निग्धमधुरबृंहणानिगुरूणिच ||३६||

Synonyms: *Dṛḍhaphala, lāṅgalī, kūrcaśīrṣaka, tuṅga, skandhaphala, tṛṇarāja* and *sadāphala.*
***Rasa* (Taste):** *Madhura* (sweet).
***Vīrya* (Potency):** *Śīta* (cold).
Effect on *Tridōṣa*: Pacifies *pitta* and *vāta.*
Action: Nutritive and tonic.
Therapeutics: Blood diseases and burning sensation.
Note: It disturbs digestion and purifies urinary bladder.

6.9.2: Tender fruit of *Nārikēra*

Effect on *Tridōṣa*: Pacifies *pitta.*
Therapeutics: Fever caused by vitiation of *pitta.*

6.9.3: Ripe fruit of *Nārikēra*

***Guṇa* (Physical property):** *Gurū* (heavy).
Effect on *Tridōṣa*: Aggravates *pitta.*
Note: Ripe fruit of*nārikēra* disturbs digestion.

6.9.4: Water of *Nārikēra*

***Rasa* (Taste):** *Madhura* (sweet).
***Guṇa* (Physical property):** *Laghu* (light).

***Vīrya* (Potency):** *Ṣīta* (cold).
Effect on *Tridōṣa*: Pacifies *pitta*.
Action: Cardiac tonic, appetizer and aphrodisiac.
Therapeutics: Excessive thirst.
Note: It purifies urinary bladder.

6.9.5: Fruit pulp of *Nārikēra, Tāla* (*Borassus flabellifer*) and *Kharjūra*

***Rasa* (Taste):** *Madhura* (sweet) and *kṣāya* (astringent).
***Guṇa* (Physical property):** *Gurū* (heavy) and *snigdha* (unctuous).
Action: Tonic.

6.10.1: *Kālinda-Citrullus vulgaris* Schrad. (Cucurbitaceae)

कालिन्दंकृष्णबीजंस्यात्कालिङ्गञ्चसुवर्त्तुलम् |
कालिन्दंग्राहिदृक्पित्तशुक्रहृच्छीतलंगुरु |
पक्वन्तुसोष्णंसक्षारंपित्तलंकफवातजित् ||३७||

Synonyms: *Kṛṣṇabīja, kāliṅga* and *suvarttula.*
***Guṇa* (Physical property):** *Gurū* (heavy).
***Vīrya* (Potency):** *Ṣīta* (cold).
Effect on *Tridōṣa*: Pacifies *pitta*.
Action: Astringent.
Note:It is not beneficial for eyes and semen.

6.10.2: Ripe fruit of *Kālinda*

***Vīrya* (Potency):** *Ūṣana* (hot).
Effect on *Tridōṣa*: Pacifies *vāta* and *kapha* but aggravates *pitta*.
Note: Ripe fruit of *Kālinda* is alkaline.

6.11: *Kharbūja-Cucumis melo* L. (Cucurbitaceae)

दशाङ्गुलंतुखर्बूजंकथ्यन्तेतद्गुणाअथ ।
खर्बूजंमूत्रलंबल्यंकोष्ठशुद्धिकरंगुरु ।
स्निग्धंस्वादुतरंशीतंवृष्यंपित्तानिलापहम् ॥३८॥
तेषुयच्चाम्लमधुरंसक्षारञ्चरसाद्भवेत् ।
रक्तपित्तकरंतत्तुमूत्रकृच्छ्रकरंपरम् ॥३९॥

Synonyms: *Daśāṅgula.*
Rasa **(Taste):** *Madhura* (sweet).
Guṇa **(Physical property):** *Gurū* (heavy) and *snigdha* (unctuous).
Vīrya **(Potency):** *Ṣīta* (cold).
Effect on *Tridōṣa*: Pacifies *pitta* and *vāta*.
Actions: Diuretic, tonic, laxative and aphrodisiac.
Note: *Kharbūja* with *madhura* (sweet)and *kśāra* (alkaline)taste causes dysuria and epistaxis.

6.12.1: *Trapusa-Cucumis sativus* L. (Cucurbitaceae)

त्रपुसंकण्टकिफलंसुधावासःसुशीतलम् ।
त्रपुसंलघुनीलञ्चनवंतृट्क्लमदाहजित् ।
स्वादुपित्तापहंशीतंरक्तपित्तहरंपरम् ॥४०॥
तत्पक्वमम्लमुष्णंस्यात्पित्तलंकफवातनुत् ।
तद्बीजंमूत्रलंशीतंरूक्षंपित्तास्रकृच्छ्रजित् ॥४१॥

Synonyms: *Kaṇṭakiphala, sudhāvāsa* and *suśītala.*
Rasa (Taste): *Madhura* (Sweet).
Guṇa **(Physical property):** *Laghu* (light).
Vīrya **(Potency):** *Ṣīta* (cold).
Effect on *Tridōṣa*: Pacifies *pitta*.
Therapeutics: Burning sensation, excessive thirst and epistaxis.

6.12.2: Ripe fruit of *Trapusa*

***Rasa* (Taste):** *Amla* (sour).
***Vīrya* (Potency):** *Ūṣana* (hot).
Effect on *Tridōṣa*: Pacifies *vāta* and *kapha* but aggravates *pitta*.

6.12.3: Seeds of *Trapusa*

***Rasa* (Taste):** *Madhura* (sweet).
***Guṇa* (Physical property):** *Rūkṣa* (ununctuous).
***Vīrya* (Potency):** *Ṣīta* (cold).
Effect on *Tridōṣa*: Pacifies *pitta*.
Action: Diuretic.
Therapeutics: Blood diseases and dysuria.

6.13.1: *Pūga-Areca catechu* L. (Arecaceae)

पूगीपूगश्चघोरण्टःगुवाकःक्रमुकोऽस्यतु।
फलंपूगीफलंप्रोक्तमुद्वेगंचतदीरितम् ॥४२॥
पूगंगुरुहिमंरूक्षंकषायंकफपित्तजित्।
मोहनंदीपनंरुच्यमास्यवैरस्यनाशनम् ॥४३॥
आर्द्रंतद्गुर्वभिष्यन्दिवह्निदृष्टिहरंस्मृतम्।
स्विन्नंदोषत्रयच्छेदिदृढमध्यंतदुत्तमम् ॥४४॥

Synonyms: *Pūgī, pūga, ghōraṇṭa, guvāka* and *kramuka*.
***Rasa* (Taste):** *Kṣāya* (astringent).
***Guṇa* (Physical property):** *Gurū* (heavy) and *rūkṣa* (ununctuous).
***Vīrya* (Potency):** *Ṣīta* (cold).
Effect on *Tridōṣa*: Pacifies *kapha*.
Action: Narcotic and appetizer.
Therapeutics: Dryness of the mouth.

6.13.2: Unripe *Pūga*

Synonyms: *Pūgīphala* and *udvēga*.

***Guṇa* (Physical property):** *Gurū* (heavy) and *abiṣyandī*.
Effect on *Tridōṣa*: Pacifies *vāta*, *pitta* and *kapha*.
Note: Unripe *pūga*reduces eye vision and digestive fire. *Guvaka* is considered to be superior that has strong middle part.

6.14.1: *Tāla-Borassus flabellifer* L. (Arecaceae)

तालस्तुलेखपत्रःस्यात्तृणराजोमहोन्नतः ।
पक्वंतालफलंपित्तरक्तश्लेष्मविवर्द्धनम् ।
दुर्जरंबहुमूत्रञ्चतन्द्राभिष्यन्दशुक्रदम् ॥४५॥
तालमज्जातुतरुणःकिञ्चिन्मदकरोलघुः ।
श्लेष्मलोवातपित्तघ्नःसस्नेहोमधुरःसरः ॥४६॥
तालजंतरुणंतोयमतीवमदकृन्मतम् ।
अम्लीभूतंतदातुस्यात्पित्तकृद्वातदोषहृत् ॥४७॥

Synonyms: *Lēkhapatra, ṭṛṇarāja* and *mahōnnata.*
***Rasa* (Taste):** *Kṣāya* (astringent).
Action: Diuretic and spermopiotic.
Note:*Tāla* increases blood, leads to lethargy, obstructs channels of circulation and heavy indigestion.

6.14.2: Fruit pulp of *Tāla*

***Rasa* (Taste):** *Madhura* (sweet).
***Guṇa* (Physical property):** *Laghu* (light).
***Vīrya* (Potency):** *Ṣīta* (cold).
Effect on *Tridōṣa*: Aggravates *kapha* but pacifies *vāta* and *pitta*.
Action: Narcotic, laxative and demulcent.
Therapeutics: Dryness of the mouth.

6.14.3: *Tālarasa* (Water obtained from fruit of *Tāla*)

Action: Narcotic.

6.14.4: Old *Talarasa*

Effect on *Tridōṣa*: Aggravates *pitta* but pacifies *vāta* and *kapha*.

6.15.1: *Bilva-Acgle marmelos* (L.) Corrêa (Rutaceae)

Synonyms: *Śāṇḍilya, śailūṣau, mālūra* and *śrīphalā.*

6.15.2: Unripe fruit of *Bilva*

बिल्वःशाण्डिल्यशैलूषौमालूरश्रीफलावपि |
बालंबिल्वफलंबिल्वकर्कटीबिल्वपेषिका ||४८||
ग्राहिणीकफवातामशूलघ्नीबिल्वपेशिका |
बालंबिल्वफलंग्राहिदीपनंपाचनंकटु |
कषायोष्णंलघुस्निग्धंतिक्तंवातकफापहम् ||४९||
पक्वंगुरुत्रिदोषंस्याद्दुर्जरंपूतिमारुतम् |
विदाहिविष्टम्भकरंमधुरंवह्निमान्द्यकृत् ||५०||
फलेषुपरिपक्वंयद्गुणवत्तदुदाहृतम् |
बिल्वादन्यत्रविज्ञेयमामंतद्धिगुणाधिकम् |
द्राक्षाबिल्वशिवादीनांफलंशुष्कंगुणाधिकम् ||५१||

Synonyms: *Bilvaphala, bilvakarkaṭī* and *bilvapēṣikā.*
***Rasa* (Taste):** *Kaṭu* (pungent), *tikta* (bitter) and *kṣāya*(astringent).
***Guṇa* (Physical property):** *Laghu* (light) and *snigdha* (unctuous).
***Vīrya* (Potency):** *Ūṣana* (hot).
Effect on *Tridōṣa*: Pacifies *vāta* and *pitta*.
Action: Astringent, digestive and appetizer.
Therapeutics: Indigestion, low digestive fire and colic.

6.15.3: Ripe fruit of *Bilva*

***Rasa* (Taste):** *Madhura* (sweet).

***Guṇa* (Physical property):** *Gurū* (heavy) and *snigdha* (unctuous).
***Vīrya* (Potency):** *Ūṣana* (hot).
Effect on *Tridōṣa*: Aggravates *vāta*, *pitta* and *kapha*.
Note: It leads to indigestion and purification in the intestine.

6.15.4: Comparison of unripe and ripe fruit of *Bilva*

Normally the ripe fruits are considered to be superior to unripe. *Bilva* is exception to this rule. The unripe fruits are superior as compared to ripe.

6.16.1: *Kapittha-Feronia elephantum* Correa (Rutaceae)

कपित्थस्तुदधित्थःस्यात्तथापुष्पफलःस्मृतः।
कपिप्रियोदधिफलस्तथादन्तशठोऽपिच ||५२||
कपित्थमामंसंग्राहिकषायंलघुलेखनम्।
पक्वंगुरुतृषाहिक्काशमनंवातपित्तजित्।
स्यादम्लंतुवरंकण्ठशोधनंग्राहिदुर्जरम् ||५३||

Synonyms: *Dadhittha, puṣpaphala, kapipriya, dadhiphala* and *dantaśaṭha.*

6.16.2: Unripe fruit of *Kapitatha*

***Rasa* (Taste):** *Kṣāya* (astringent).
***Guṇa* (Physical property):** *Laghu* (light).
Action: Astringent.
Therapeutics: Obesity.

6.16.3: Ripe fruit of *Kapitatha*

***Rasa* (Taste):** *Amla* (sour) and *kṣāya* (astringent).
***Guṇa* (Physical property):** *Gurū* (heavy) and *snigdha* (unctuous).
***Vīrya* (Potency):** *Ūṣana* (hot).
Effect on *Tridōṣa*: Aggravates *vāta* and *pitta*.
Action: Astringent.
Therapeutics: Excessive thirst and hiccough.

Note: It disturbs digestion and purifies the throat.

6.17.1: *Nāraṅga-Citrus reticulate* Blanco (Rutaceae)

नारङ्गोनागरङ्गःस्यात्त्वक्सुगन्धोमुखप्रियः।
नारङ्गोमधुराम्लःस्याद्रोचनोवातनाशनः।
अपरंत्वम्लमत्युष्णंदुर्जरंवातहृत्सरम् ॥५४॥

Synonyms: *Nāgaraṅga, tvaksugandha* and *mukhapriya.*
***Rasa* (Taste):** *Amla* (sour) and *madhura* (sweet).
Effect on *Tridōṣa*: Pacifies *vāta.*
Action: Appetizer.
Therapeutics: Excessive thirst and hiccough.

6.17.2: Second variety of *Nāraṅga*

***Rasa* (Taste):** *Amla* (sour).
***Vīrya* (Potency):** *Ūṣana* (hot).
Effect on *Tridōṣa*: Pacifies *vāta.*
Action: Astringent.
Note: It disturbs digestion.

6.18.1: *Tinduka-Diospyros malabarica* (Desr.) Kostel. (Ebenaceae)

तिन्दुकःस्फूर्जकःकालस्कन्धश्चासितकारकः।
स्यादामंतिन्दुकंग्राहिवातलंशीतलंलघु।
पक्वंपित्तप्रमेहास्रश्लेष्मघ्नंमधुरंगुरु ॥५५॥

Synonyms: *Sphūrjaka, kālaskandha* and *cāsitakāraka.*

6.18.2: Unripe fruit of *Tinduka*

***Rasa* (Taste):** *Kṣāya* (astringent).
***Guṇa* (Physical property):** *Laghu* (light).

***Vīrya* (Potency):** *Ṣīta* (cold).
Effect on *Tridōṣa*: Aggravates *vāta*.
Action: Astringent.

6.18.3: Ripe fruit of *Tinduka*

***Rasa* (Taste):** *Madhura* (sweet).
***Guṇa* (Physical property):** *Gurū* (heavy).
***Vīrya* (Potency):** *Ūṣana* (hot).
Effect on *Tridōṣa*: Pacifies *pitta* and *kapha*.
Therapeutics: Polyuria and blood diseases.

6.19: *Kupilu-Strychnos nux vomica* L. (Loganiaceae)

तिन्दुकोयस्तुकथितोजलदोदीर्घपत्रकः।
कुपीलुःकुलकःकाकतिन्दुकःकाकपीलुकः।
काकेन्दुर्विषतिन्दुश्चमर्कटतिन्दुकः ॥५६॥
कुपीलुःशीतलस्तिक्तोवातलोमदकृल्लघुः।
पादव्यथाहरोग्राहीकफपित्तास्रनाशनः ॥५७॥

Synonyms: *Tinduka, jalada, dīrghapatraka, kupīlu, kulaka, kākatinduka, kākapīluka, kākēndu, viṣatindu* and *markaṭatinduka*.
***Rasa* (Taste):** *Tikta* (bitter).
***Guṇa* (Physical property):** *Laghu* (light) and *rūkṣa* (ununctuous).
***Vīrya* (Potency):** *Ṣīta* (cold).
Effect on *Tridōṣa*: Aggravates *vāta* but pacifies *pitta* and *kapha*.
Action: Narcotic.
Therapeutics: Blood diseases.

6.20.1: *Rājajambū -Syzygium cumini* (L.) Skeels. (Myrtaceae)

फलेन्द्राकथितानन्दीराजजम्बूर्महाफला।
तथासुरभिपत्राचमहाजम्बूरपिस्मृता।

राजजम्बूफलंस्वादुविष्टम्भिगुरुरोचनम् ॥५८॥

Synonyms: *Phalēndrā, nandī, rājajambū, mahāphalā, surabhipatrā* and *mahājambū.*
Rasa (Taste): *Madhura* (sweet).
***Guṇa* (Physical property):** *Gurū* (heavy).
Action: Appetizer.

6.20.2: *Jalajambū-Eugenia heyneana* Duthie (Myrtaceae)

क्षुद्राजम्बुःसूक्ष्मपत्रानादेयीजलजम्बुका।
जम्बूःसंग्राहिणीरूक्षाकफपित्तास्रदाहजित् ॥५९॥

Synonyms: *Kṣudrājambu, sūkṣmapatrā* and *nādēyī.*
Effect on *Tridōṣa*: Pacifies *pitta* and *kapha*.
Action: Astringent.
Therapeutics: Blood diseases and burning sensation.

6.21.1: *Badarī*

पुंसिस्त्रियाञ्चकर्कन्धूर्बदरीकोलमित्यपि।
फेनिलंकुवलंघोण्टासौवीरंबदरंमहत्।
अजप्रियाकुहाकोलीविषमोभयकण्टका ॥६०॥
पच्यमानंसुमधुरंसौवीरंबदरंमहत्।
सौवीरंबदरंशीतंभेदनंगुरुशुक्रलम् ॥६१॥
बृंहणंपित्तदाहास्रक्षयतृष्णानिवारणम्।
सौवीरंलघुसम्पक्वंमधुरंकोलमुच्यते ॥६२॥
कोलंतुबदरंग्राहिरुच्यमुष्णञ्चवातलम्।
कफपित्तकरंचापिगुरुसारकमीरितम् ॥६३॥
कर्कन्धूःक्षुद्रबदरंकथितंपूर्वसूरिभिः।
अम्लंस्यात्क्षुद्रबदरंकषायंमधुरंमनाक् ॥६४॥

स्निग्धंगुरुचतिक्तञ्चवातपित्तापहंस्मृतम् ।
शुष्कंभेद्यग्निकृत्सर्वंलघुतृष्णाक्लमास्रजित् ॥६५॥

Synonyms: *Puṁsi, stri, karkandhū, badarī* and *kōla.*

6.21.2:Large variety of *Badarī*

Synonyms: *Phēnila, kuvala, ghōṇṭā* and *sauvīra.*

6.21.3:*Sauvīra-Ziziphus jujuba* Mill. (Rhamnaceae)

Description: It is large, having sweet taste and ripened.
***Guṇa* (Physical property):** *Gurū* (heavy).
***Vīrya* (Potency):** *Ṣīta* (cold).
Effect on *Tridōṣa*: Pacifies *pitta.*
Action: Laxative, nutritive and aphrodisiac.
Therapeutics: Burning sensation, blood diseases, phthisis and excessive thirst.

6.21.4: *Kōla-Ziziphus oenoplia* Mill. (Rhamnaceae)

Description: It is small as compared to *sauvīra* (*Zizyphus sativa*), having sweet taste and ripened.
***Guṇa* (Physical property):** *Gurū* (heavy).
***Vīrya* (Potency):** *Ūṣana* (hot).
Effect on *Tridōṣa*: Pacifies *vāta* but aggravates *kapha* and *pitta.*
Action: Astringent, appetizer and laxative.

6.21.5:*Karkandhū-Ziziphus nummularia* (Burm.f.) Wight & Arn. (Rhamnaceae)

Synonyms:*Ajapriyā, kuhā, kōlī, viṣama* and *abhayakaṇṭakā.*
Description: It is small in size.
***Rasa* (Taste):** *Amla* (sour), *tikta* (bitter), *kṣāya* (astringent) and slightly *madhura* (sweet).
***Guṇa* (Physical property):** *Gurū* (heavy).
Effect on *Tridōṣa*: Aggravates *pitta.*

6.21.6: Dried fruit of all types of *Badarī*

***Guṇa* (Physical property):** *Laghu* (light).
Action: Laxative and appetizer.
Therapeutics: Blood diseases and excessive thirst.

6.22: *Prācīnāmalaka-Flacourtia jangomas* (Lour.) Raeusch. (Salicaceae)

प्राचीनामलकंलोकेपानीयामलकंस्मृतम् |
प्राचीनामलकंदोषत्रयजिज्ज्वरघातिच ||६६||

Synonyms: *Pānīyāmalaka.*
Effect on *Tridōṣa*: Pacifies *vāta*, *pitta* and *kapha*.
Therapeutics: Pyrexia.

6.23: *Lavalī-Cicca acida* Merr.(Œuphorbiaceae)

सुगन्धमूलालवलीपाण्डुःकोमलवल्कला |
लवलीफलमश्मार्शःकफपित्तहरंगुरु |
विशदंरोचनंरूक्षंस्वाद्वम्लंतुवरंरसे ||६७||

Synonyms: *Sugandhamūlā, lavalī, pāṇḍu* and *kōmalavalkalā.*
***Rasa* (Taste):** *Madhura* (sweet), *amla* (sour) and *kṣāya* (astringent).
***Guṇa* (Physical property):** *Gurū* (heavy), *rūkṣa* (ununctuous) and *viṣada* (viscid).
Effect on *Tridōṣa*: Pacifies *pitta* and *kapha.*
Therapeutics: Calculus and hemorrhoids.

6.24.1: *Karmarda-Carissa carandas* L. (Apocynaceae)

करमर्दःसुषेणःस्यात्कृष्णपाकफलस्तथा |
तस्माल्लघुफलायातुसाज्ञेयाकरमर्दिका ||६८||
करमर्दद्वयंत्वाममम्लंगुरुतृषाहरम् |

उष्णंरुचिकरंप्रोक्तंरक्तपित्तकफप्रदम् |
तत्पक्वंमधुरंरुच्यंलघुपित्तसमीरजित् ||६९||

Synonyms: *Suṣēṇa* and *kṛṣṇapākaphala.*
***Guṇa* (Physical property):** *Gurū* (heavy) and *rūkṣa* (ununctuous).
***Vīrya* (Potency):** *Ūṣana* (hot).
Effect on *Tridōṣa*: Aggravates *kapha*.
Action: Thirst depressant and appetizer.
Therapeutics: Epistaxis.

6.24.2: Ripe fruit of *Karmarda*

***Rasa* (Taste):** *Madhura* (sweet).
***Guṇa* (Physical property):** *Laghu* (light)
Effect on *Tridōṣa*: Pacifies *vāta* and *pitta*.

6.24.3: Unripe fruit of *Karmardikā*

***Guṇa* (Physical property):** *Gurū* (heavy) and *rūkṣa* (ununctuous).
***Vīrya* (Potency):** *Ūṣana* (hot).
Effect on *Tridōṣa*: Aggravates *kapha*.
Action: Thirst depressant and appetizer.
Therapeutics: Epistaxis.

6.24.4: Ripe fruit of *Karmardikā*

***Rasa* (Taste):** *Madhura* (sweet).
***Guṇa* (Physical property):** *Laghu* (light).
Effect on *Tridōṣa*: Pacifies *vāta* and *pitta*.

6.25.1: *Priyāla-Buchanania latifolia* Roxb. (Anacardiaceae)

प्रियालस्तुखरस्कन्धश्चारोबहुलवल्कलः |
राजादनस्तापसेष्टःसन्नकद्रुर्धनुष्पटः ||७०||

चारःपित्तकफास्रघ्नस्तत्फलंमधुरंगुरु।
स्निग्धंसरंमरुत्पित्तदाहज्वरतृषापहम् ॥७१॥
प्रियालमज्जामधुरोवृष्यःपित्तानिलापहः।
हृद्योऽतिदुर्जरःस्निग्धोविष्टम्भीचामवर्धनः ॥७२॥

Synonyms: *Kharaskandha, cāra, bahulavalkala, rājādana, tāpasēṣṭa, sannakadru* and *dhanuṣpaṭa.*
Effect on *Tridōṣa*: Pacifies *pitta* and *kapha.*
Therapeutics: Blood diseases.

6.25.2:Fruit pulp of *Priyāla*

***Rasa* (Taste):** *Madhura* (sweet).
***Guṇa* (Physical property):** *Snigdha* (unctuous)
Effect on *Tridōṣa*: Pacifies *pitta* and *kapha.*
Action: Aphrodisiac and cardiac tonic.
Note: It upsets digestion.

6.26: *Rājādana-Mimusops hexandra* Roxb. (Sapotaceae)

राजादनःफलाध्यक्षोराजन्याक्षीरिकापिच।
क्षीरिकायाःफलंवृष्यंबल्यंस्निग्धंहिमंगुरु।
तृष्णामूर्च्छामदभ्रान्तिक्षयदोषत्रयास्रजित् ॥७३॥

Synonyms: *Phalādhyakṣa, rājanyā* and *kṣīrikā.*
***Rasa* (Taste):** *Tikta* (bitter) and *kaṭu* (pungent).
***Guṇa* (Physical property):** *Gurū* (heavy).
***Vīrya* (Potency):** *Ṣīta* (cold).
Effect on *Tridōṣa*: Pacifies *vāta, pitta* and *kapha.*
Action: Aphrodisiac, tonic and nutritive.
Therapeutics: Excessive thirst, apoplexy, vertigo, phthisis and blood diseases.

6.27: *Vikaṅkata -Flacourtia indica* (Burm. f.) Merr. (Salicaceae)

विकङ्कतःस्रुवावृक्षोग्रन्थिलःस्वादुकण्टकः।
सएवयज्ञवृक्षश्चकण्टकीव्याघ्रपादपि।
विकङ्कतफलंपक्वंमधुरंसर्वदोषजित् ॥७४॥

Synonyms: *Sruvāvṛkṣa, granthila, svādukaṇṭaka, yajñavṛkṣa, kaṇṭakī* and *vyāghrapāda.*
***Rasa* (Taste):** *Madhura* (sweet).
Effect on *Tridōṣa*: Pacifies *pitta* and *kapha*.

6.28: *Padmabīja*

पद्मबीजंतुपद्माक्षंगालोड्यंपद्मकर्कटी।
पद्मबीजंहिमंस्वादुकषायंतिक्तकंगुरु।
विष्टम्भिवृष्यंरूक्षञ्चगर्भसंस्थापकंपरम्।
कफवातकरंबल्यंग्राहिपित्तास्रदाहनुत् ॥७५॥

Synonyms: *Padmākṣa, gālōḍya* and *padmakarkaṭī.*
***Rasa* (Taste):** *Madhura* (sweet), *tikta* (bitter) and *kṣāya* (astringent).
***Guṇa* (Physical property):** *Gurū* (heavy) and *rūkṣa* (ununctuous).
***Vīrya* (Potency):** *Ṣīta* (cold).
Effect on *Tridōṣa*: Pacifies *pitta* but aggravates *vāta* and *kapha*.
Action: Aphrodisiac, tonic and astringent.
Therapeutics: Epistaxis and burning sensation.
Note: *Padmabīja* helps in conception and disturbs digestion.

6.29: *Makhānna-Euryale ferox* Salisb. (Nymphaeaceae)

मखान्नंपद्मबीजाभंपानीयफलमित्यपि।
मखान्नंपद्मबीजस्यगुणैस्तुल्यंविनिर्दिशेत् ॥७६॥

Synonyms: *Padmabījābha* and *pānīyaphala.*
***Rasa* (Taste):** *Madhura* (sweet), *tikta* (bitter) and *kṣāya* (astringent).

***Guṇa* (Physical property):** *Gurū* (heavy) and *rūkṣa* (unctuous).
***Vīrya* (Potency):** *Ṣīta* (cold).
Effect on *Tridōṣa*: Pacifies *pitta* but aggravates *vāta* and *kapha*.
Action: Aphrodisiac, tonic and astringent.
Therapeutics: Epistaxis and burning sensation.
Note: *Makhānna* helps in conception and disturbs digestion.

6.30: *Śṛṅgāṭaka-Trapa natans* L. (Trapaceae)

शृङ्गाटकंजलफलंत्रिकोणफलमित्यपि।
शृङ्गाटकंहिमंस्वादुगुरुवृष्यंकषायकम्।
ग्राहीशुक्रानिलश्लेष्मप्रदंपित्तास्रदाहनुत् ॥७७॥

Synonyms: *Jalaphala* and *trikōṇaphala*.
***Rasa* (Taste):** *Madhura* (sweet) and *kṣāya* (astringent).
***Guṇa* (Physical property):** *Gurū* (heavy)
***Vīrya* (Potency):** *Ṣīta* (cold).
Effect on *Tridōṣa*: Pacifies *pitta* but aggravates *kapha*.
Action: Spermopiotic and astringent.
Therapeutics: Blood diseases and burning sensation.

6.31: *Kairaviṇīphala*

उक्तंकुमुदबीजन्तुबुधैःकैरविणीफलम्।
भवेत्कुमुद्वतीबीजंस्वादुरूक्षंहिमंगुरु ॥७८॥

Synonyms: *Kumudabīja*.
***Rasa* (Taste):** *Madhura* (sweet).
***Guṇa* (Physical property):** *Gurū* (heavy) and *rūkṣa* (unctuous).

6.32.1: *Madhūka-Bassia latifolia* Roxb. (Sapotaceae)

मधूकोगुडपुष्पःस्यान्मधुपुष्पोमधुस्रवः।
वानप्रस्थोमधुष्ठीलोजलजेऽत्रमधूलकः ॥७९॥

मधूकपुष्पंमधुरंशीतलंगुरुबृंहणम्।
बलशुक्रकरंप्रोक्तंवातपित्तविनाशनम् ॥८०॥
फलंशीतंगुरुस्वादुशुक्रलंवातपित्तनुत्।
अहृद्यंहन्तितृष्णाऽस्रदाहश्वासक्षतक्षयान् ॥८१॥

Synonyms: *Guḍapuṣpa, madhupuṣpa, madhusrava, vānaprastha, madhuṣṭhīla, jalaja* and *madhūlaka.*
***Rasa* (Taste):** *Madhura* (sweet).
***Guṇa* (Physical property):** *Gurū* (heavy).
***Vīrya* (Potency):** *Ṣīta* (cold).
Effect on *Tridōṣa*: Pacifies *vāta* and *pitta*.
Action: Nutritive, tonic and spermopiotic.

6.32.2: Fruit of *Madhūka*

***Rasa* (Taste):** *Madhura* (sweet).
***Guṇa* (Physical property):** *Gurū* (heavy).
***Vīrya* (Potency):** *Ṣīta* (cold).
Action: Nutritive, tonic and spermopiotic.
Therapeutics: Excessive thirst, blood diseases, burning sensation, asthma, consumption and phthisis.

6.33.1: *Parūṣaka-Grewia asiatica* L. (Malvaceae)

परूषकंतुपरुषमल्पास्थिचपरापरम्।
परूषकंकषायाम्लमामंपित्तकरंलघु।
तत्पक्वंमधुरंपाकेशीतंविष्टम्भिबृंहणम्।
हृद्यन्तुपित्तदाहास्रज्वरक्षयसमीरहृत् ॥८२॥

Synonyms: *Paruṣa, alpāsthi* and *parāpara.*
***Rasa* (Taste):** *Amla* (sour) and *kṣāya* (astringent).
***Guṇa* (Physical property):** *Laghu* (light).
***Vīrya* (Potency):** *Ūṣana* (hot).
Effect on *Tridōṣa*: Aggravates *pitta*.

6.33.2: Unripe fruit of *Parūṣaka*

Rasa **(Taste):** *Madhura* (sweet).
Guṇa **(Physical property):** *Gurū* (heavy).
Vīrya **(Potency):** *Śīta* (cold).
Vipāka **(Post digestion effect):** *Madhura* (sweet).
Effect on *Tridōṣa*: Pacifies *vāta* and *pitta*.
Action: Cardiac tonic and nutritive.
Therapeutics: Blood diseases, burning sensation, fever and phthisis.

6.34.1: *Tūta-Morus indica L. (Moraceae)*

तूतःस्थूलश्चपूगश्चक्रमुकोब्रह्मदारुच।
तूतंपक्वंगुरुस्वादुहिमंपित्तानिलापहम्।
तदेवामंगुरुसरमम्लोष्णंरक्तपित्तकृत्॥८३॥

Synonyms: *Sthūla, pūga, kramuka* and *brahmadāru.*
Rasa **(Taste):** *Madhura* (sweet).
Guṇa **(Physical property):** *Gurū* (heavy).
Vīrya **(Potency):** *Śīta* (cold).
Effect on *Trïdōṣa*: Pacifies *vāta* and *pitta*.

6.34.2: Unripe fruit of *Tūta*

Rasa **(Taste):** *Amla* (sour).
Guṇa **(Physical property):** *Gurū* (heavy).
Vīrya **(Potency):** *Ūṣana* (hot).
Note: It leads to epistaxis.

6.35.1: *Dāḍima-Punica granatum* L. (Punicacaeae)

दाडिमःकरकोदन्तबीजोलोहितपुष्पकः।
तत्फलंत्रिविधंस्वादुस्वाद्वम्लंकेवलाम्लकम्।
तत्तुस्वादुत्रिदोषघ्नंतृड्दाहज्वरनाशनम्॥८४॥
हृत्कण्ठमुखगन्धघ्नंतर्पणंशुक्रलंलघु।

कषायानुरसंग्राहिस्निग्धंमेधाबलावहम् ||८५||
स्वाद्वम्लंदीपनंरुच्यंकिञ्चित्पित्तकरंलघु |
अम्लन्तुपित्तजनकमम्लंवातकफापहम् ||८६||

Synonyms: *Karaka, dantabīja* and *lōhitapuṣpaka.*

6.35.2:Sweet variety of *Dāḍima*

***Rasa* (Taste):** *Madhura* (sweet) and *kṣāya* (astringent).

***Guṇa* (Physical property):** *Laghu* (light) and *snigdha* (unctuous).
Effect on *Tridōṣa*: Pacifies *vāta*, *pitta* and *kapha*.
Action: Spermopiotic, astringent, nootropic and tonic.
Therapeutics: Excessive thirst, burning sensations, fever, heart diseases, mouth diseases and halitosis.

6.35.3:Sweet/Sour variety of *Dāḍima*

***Guṇa* (Physical property):** *Laghu* (light).
Effect on *Tridōṣa*: Aggravates *pitta*.
Action: Appetizer.

6.35.4:Sour variety of *Dāḍima*

***Rasa* (Taste):** *Amla* (sour).
***Guṇa* (Physical property):** *Laghu* (light) and *snigdha* (unctuous).
Effect on *Tridōṣa*: Aggravates *pitta* but pacifies *vāta* and *kapha*.
Therapeutics: Indigestion.

6.36.1: *Bahuvāra-Cordia myxa* L. (Boraginaceae)

बहुवारस्तुशीतःस्यादुद्दालोबहुवारकः |
शेलुःश्लेष्मातकश्चापिपिच्छिलोभूतवृक्षकः ||८७||
बहुवारोविषस्फोटव्रणवीसर्पकुष्ठनुत् |

मधुरस्तुवरस्तिक्तःकेश्यश्चकफपित्तहृत् ||८८||
फलमामन्तुविष्टम्भिरूक्षंपित्तकफास्रजित् |
तत्पक्वंमधुरंस्निग्धंश्लेष्मलंशीतलंगुरु ||८९||

Synonyms: *Uddāla, bahuvāraka, śēlu* and *ślēṣmātaka*
***Rasa* (Taste):** *Madhura* (sweet), *tikta* (bitter) and *kṣāya* (astringent).

Effect on *Tridōṣa*: Pacifies *pitta* and *kapha*.
Therapeutics: Hair diseases, poisoning, eruptions, erysipelas and skin diseases.

6.36.2: Unripe fruit of *Bahuvāra*

***Guṇa* (Physical property):** *Rūkṣa* (ununctuous).
Effect on *Tridōṣa*: Pacifies *pitta* and *kapha*.
Therapeutics: Blood diseases.

6.36.3: Ripe fruit of *Bahuvāra*

***Rasa* (Taste):** *Madhura* (sweet).
***Guṇa* (Physical property):** *Gurū* (heavy).
***Vīrya* (Potency):** *Ṣīta* (cold).
Effect on *Tridōṣa*: Aggravates *pitta*.

6.37: *Kataka-Strychnos potatorum* L. (Loganiaceae)

पयःप्रसादिःकतकःकतकंतत्फलंचतत् |
कतकस्यफलंनेत्र्यंजलनिर्मलताकरम् |
वातश्लेष्महरंशीतंमधुरंतुवरंगुरु ||९०||

Synonyms: *Payaḥprasādi.*
***Rasa* (Taste):** *Madhura* (sweet) and *kṣāya* (astringent).
***Guṇa* (Physical property):** *Gurū* (heavy).
Effect on *Tridōṣa*: Pacifies *vāta* and *kapha*.
Therapeutics: Beneficial for eyes.

6.38.1: *Drākṣā -Vitis vinifera* L. (Vitaceae)

द्राक्षास्वादुफलाप्रोक्तातथामधुरसाऽपिच ।
मृद्वीकाहारहूराचगोस्तनीचापिकीर्तिता ॥९१॥
द्राक्षापक्वासराशीताचक्षुष्याबृंहणीगुरुः ।
स्वादुपाकरसास्वर्यातुवरासृष्टमूत्रविट् ॥९२॥
कोष्ठमारुतकृद्वृष्याकफपुष्टिरुचिप्रदा ।
हन्तितृष्णाज्वरश्वासवातवातास्रकामलाः ॥९३॥
कृच्छ्रास्रपित्तसंमोहदाहशोषमदात्ययान् ।
आमास्वल्पगुणागुर्वीसैवाम्लारक्तपित्तकृत् ।
वृष्यास्याद्गोस्तनीद्राक्षागुर्वीचकफपित्तनुत् ॥९४॥
अबीजाऽन्यास्वल्पतरागोस्तनीसदृशीगुणैः ।
द्राक्षापर्वतजालघ्वीसाऽम्लाश्लेष्माम्लपित्तकृत् ॥९५॥
द्राक्षापर्वतजायादृक्तादृशीकरमर्दिका ॥९६॥

Synonyms: *Svāduphalā madhurasā, mṛdvīkā, hārahūrā* and *gōstanī.*
***Rasa* (Taste):** *Madhura* (sweet) and *kṣāya* (astringent).
***Guṇa* (Physical property):** *Gurū* (heavy).
Vipāka* (Post digestion effect):Madhura* (sweet).
Effect on *Tridōṣa*: Pacifies *vāta* but aggravates *kapha*.
Action: Laxative, nutritive, diuretic, aphrodisiac and appetizer.
Therapeutics: Beneficial for eyes and voice, excessive thirst, fever, asthma, jaundice, dysuria, gout, burning sensation, consumption and alcoholism.

6.38.2:Unripe *Drākṣā*

***Guṇa* (Physical property):** *Gurū* (heavy).
Note: It is inferior as compare to ripe *drākṣā*. Unripe *drākṣā* having *amla* (sour) taste leads to epistaxis.

6.38.3: *Gōstanī*

***Guṇa* (Physical property):** *Gurū* (heavy).

Effect on *Tridōṣa*: Pacifies *pitta* and *kapha*.
Action: Spermipoitic.

6.38.4: *Parvatajā*

Origin: It originates from hilly area.
***Guṇa* (Physical property):** *Laghu* (light).
Note: *Parvatajā*having *amla* (sour) taste vitiates *kapha* and leads to hyperacidity.

6.38.5: *Karmardikā*

***Guṇa* (Physical property):** *Laghu* (light).
Note: *Karmardikā* having *amla* (sour) taste vitiates *kapha* and leads to hyperacidity.

Kharjūratraya

6.39.1: *Bhūmikharjūrikā-Phoenix sylvestris* (L.) Roxb. (Arecaceae)

भूमिखर्जूरिकास्वाद्वीदुरारोहामृदुच्छदा।
तथास्कन्धफलाकाककर्कटीस्वादुमस्तका ॥९७॥
पिण्डखर्जूरिकात्वन्यासादेशेपश्चिमेभवेत्।
खर्जूरीगोस्तनाकारापरद्वीपादिहागता।
जायतेपश्चिमेदेशेसाच्छोहारेतिकीर्त्यते ॥९८॥
खर्जूरीत्रितयंशीतंमधुरंरसपाकयोः।
स्निग्धंरुचिकरंहृद्यंक्षतक्षयहरंगुरु ॥९९॥
तर्पणंरक्तपित्तघ्नंपुष्टिविष्टम्भशुक्रदम्।
कोष्ठमारुतहृद्बल्यंवान्तिवातकफापहम् ॥१००॥
ज्वरातिसारक्षुत्तृष्णाकासश्वासनिवारकम्।
मदमूर्च्छामरुत्पित्तमद्योद्भूतगदान्तकृत्।
महतीभ्यां गुणैरल्पास्वल्पखर्जूरिकास्मृता ॥१०१॥

खर्जूरीतरुतोयंतुमदपित्तकरंभवेत् ।
वातश्लेष्महरंरुच्यंदीपनंबलशुक्रकृत् ।
सुलेमानीतुमृदुलादलहीनफलाचसा ।
सुलेमानीश्रमभ्रान्तिदाहमूर्च्छाऽस्रपित्तहृत् ॥१०२॥

Synonyms: *Svādvī, durārōhā, mṛducchadā, skandhaphalā, kākakarkaṭī* and *svādumastakā*.
***Rasa* (Taste):** *Madhura* (sweet).
***Guṇa* (Physical property):** *Gurū* (heavy) and *snigdha* (unctuous).
***Vīrya* (Potency):** *Ṣīta* (cold).
Vipāka* (Post digestion effect):Madhura* (sweet).
Effect on *Tridōṣa*: Pacifies *vāta* but aggravates *kapha*.
Action: Appetizer, cardiac tonic and tonic.
Therapeutics: Consumption, phthisis, diarrhea, polyphagia, excessive thirst, cough, asthma, apoplexy and alcoholism.

6.39.2: *Piṇḍakharjūrikā-Phoenix dactylifera* L. (Arecaceae)

Origin: *Piṇḍakharjūrikā* originates from western countries.
***Rasa* (Taste):** *Madhura* (sweet).
***Guṇa* (Physical property):** *Gurū* (heavy) and *snigdha* (unctuous).
***Vīrya* (Potency):** *Ṣīta* (cold).
Vipāka* (Post digestion effect):Madhura* (sweet).
Effect on *Tridōṣa*: Pacifies *vāta* but aggravates *kapha*.
Action: Appetizer, cardiac tonic and tonic.
Therapeutics: Consumption, phthisis, diarrhea, polyphagia, excessive thirst, cough, asthma, apoplexy and alcoholism.

6.39.3: *Kharjūrī*

Origin: *Kharjūrī* resembles with cow's mammary gland and originates from western countries.
***Rasa* (Taste):** *Madhura* (sweet).
***Guṇa* (Physical property):** *Gurū* (heavy) and *snigdha* (unctuous).
***Vīrya* (Potency):** *Ṣīta* (cold).
Vipāka* (Post digestion effect):Madhura* (sweet).

Effect on *Tridōṣa*: Pacifies *vāta* but aggravates *kapha*.
Action: Appetizer, cardiac tonic and tonic.
Therapeutics: Consumption, phthisis, diarrhea, polyphagia, excessive thirst, cough, asthma, apoplexy and alcoholism.
Note: *Piṇḍakharjūrikā* and *kharjūrī* are inferior in medicinal property as compared *to bhūmikharjūrikā*. Hence they are also known as *svalpakharjūrikā*.

6.39.4:Water obtained from *bhūmikharjūrikā, piṇḍakharjūrikā* and *kharjūrī*

Effect on *Tridōṣa*: Pacifies *vāta* and *kapha* but aggravates *pitta*.
Action: Spermopiotic, tonic and appetizer.
Therapeutics: Alcoholism.

6.39.5: Variety of *piṇḍakharjūrikā*

Synonyms: *Sulēmānī, mṛdulā* and *dalahīnaphalā.*
Therapeutics: Fatigue, vertigo, burning sensation and epistaxis.

6.40.1: *Vātāda-Prunus amygladus* L. (Rosaceae)

वातादोवातवैरीस्यान्नेत्रोपमफलस्तथा।
वातादःउष्णःसुस्निग्धोवातघ्नःशुक्रकृद्गुरुः।
वातादमज्जामधुरोवृष्यःपित्तानिलापहः।
स्निग्धोष्णःकफकृन्नेष्टोरक्तपित्तविकारिणाम् ॥१०३॥

Synonyms: *Vātavairī* and *nētrōpamaphala.*
***Guṇa* (Physical property):** *Gurū* (heavy) and *snigdha* (unctuous).
***Vīrya* (Potency):** *Ūṣana* (hot).
Effect on *Tridōṣa*: Pacifies *vāta*.
Action: Spermopiotic.

6.40.2:Pulp of *Vātāda*

***Rasa* (Taste):** *Madhura* (sweet).

***Guṇa* (Physical property):** *Gurū* (heavy) and *snigdha* (unctuous).
***Vīrya* (Potency):** *Ūṣana* (hot).
Effect on *Tridōṣa*: Pacifies *vāta* and *pitta* but aggravates *kapha*.
Action: Spermopiotic.
Contraindication: Epistaxis.

6.41: *Sēva-Pyrus malus* L. (Rosaceae)

मुष्टिप्रमाणंबदरंसेवंसिवितिकाफलम् ।
सेवंसमीरपित्तघ्नंबृंहणंकफकृद्गुरु ।
रसेपाकेचमधुरंशिशिरंरुचिशुक्रकृत् ॥१०४॥

Synonyms: *Muṣṭipramāṇa, badara* and *sivitikāphala.*
***Rasa* (Taste):** *Madhura* (sweet).
***Guṇa* (Physical property):** *Gurū* (heavy).
***Vīrya* (Potency):** *Ṣīta* (cold).
Vipāka* (Post digestion effect):Madhura* (sweet).
Effect on *Tridōṣa*: Aggravates *kapha*.
Action: Nutritive, appetizer and spermopiotic.

6.42: *Amṛtaphala-Pyrus communis* L. (Rosaceae)

अमृतफलंलघुवृष्यंसुस्वादुत्रीन्हरेद्दोषान् ।
देशेषुमुद्गलानांबहुलंतल्लभ्यतेलोकैः ॥१०५॥

***Rasa* (Taste):** *Madhura* (sweet).
***Guṇa* (Physical property):** *Laghu* (light).
Effect on *Tridōṣa*: Pacifies *vāta, pitta* and *kapha.*
Action: Aphrodisiac.

6.43: *Pīlu-Salvadora persica* L. (Salvadoraceae)

पीलुर्गुलफलःस्रंसीतथाशीतफलोऽपिच ।
पीलुश्लेष्मसमीरघ्नंपित्तलंभेदिगुल्मनुत् ।
स्वादुतिक्तञ्चयत्पीलुतन्नात्युष्णंत्रिदोषहृत् ॥१०६॥

Synonyms: *Gulaphala, sraṁsī* and *śītaphala.*
Effect on *Tridōṣa*: Aggravates *vāta* and *kapha.*
Action: Laxative.
Therapeutics: Abdominal tumor.
Note:*Pīlu* having *madhura* (sweet) and *tikta* (bitter) taste is not extremely *ūṣana*(hot). It pacifies *vāta*, *pitta* and *kapha*.

6.44: *Akṣōṭa-Juglans regia* L. (Juglandaceae)

पीलुःशैलभवोऽक्षोटःकर्परालश्चकीर्तितः ।
अक्षोटकोऽपिवातादसद्दशःकफपित्तकृत् ॥१०७॥

Synonyms: *Śailabhava* and *karparāla.*
Effect on *Tridōṣa*: Aggravates *pitta* and *kapha.*

6.45: *Bījapūra-Citrus medica* L. (Rutaceae)

बीजपूरोमातुलुङ्गोरुचकःफलपूरकः ।
बीजपूरफलंस्वादुरसेऽम्लंदीपनंलघु ।
रक्तपित्तहरंकण्ठजिह्वाहृदयशोधनम् ।
श्वासकासारुचिहरंहृद्यंतृष्णाहरंस्मृतम् ॥१०८॥

Synonyms: *Mātuluṅga, rucaka* and *phalapūraka.*
***Rasa* (Taste):** *Madhura* (sweet) and *amla* (sour).
***Guṇa* (Physical property):** *Laghu* (light).
Action: Appetizer, cardiac tonic and spermopiotic.
Therapeutics: Epistaxis, cough, asthma, anorexia and excessive thirst.

6.46: *Madhukarkaṭī-Citrus decumana* L. (Rutaceae)

बीजपूरोऽपरःप्रोक्तोमधुरोमधुकर्कटी ।
मधुकर्कटिकास्वाद्वीरोचनीशीतलाःगुरुः ।
रक्तपित्तक्षयश्वासकासहिक्काभ्रमापहा ॥१०९॥

***Rasa* (Taste):** *Madhura*(Sweet).
***Guṇa* (Physical property):** *Gurū* (heavy).
***Vīrya* (Potency):** *Ṣīta* (cold).
Action: Appetizer.
Therapeutics: Epistaxis, phthisis, cough, asthma, hiccough and vertigo.

6.47.1:First variety of *Jambīra-Citrus aurantium* L. (Rutaceae)

स्याज्जम्बीरोदन्तशठोजम्भजम्भीरजम्भलाः |
जम्बीरमुष्णंगुर्वम्लंवातश्लेष्मविबन्धनुत् |
शूलकासकफोत्क्लेशच्छर्दितृष्णामदोषजित् ||११०||
आस्यवैरस्यहृत्पीडावह्निमान्द्यकृमीन्हरेत् |
स्वल्पजम्बीरिकातद्वत्तृष्णाच्छर्दिनिवारिणी ||१११||

Synonyms: *Dantaśaṭha, jambha* and *jambhalā*.
***Rasa* (Taste):** *Amla* (sour).
***Guṇa* (Physical property):** *Gurū* (heavy).
Vīrya* (Potency):Ūṣana* (hot).
Effect on *Tridōṣa*: Pacifies *vāta* and *kapha*.
Action: Appetizer, cardiac tonic and tonic.
Therapeutics: Constipation, colic, cough, nausea, vomiting, excessive thirst, indigestion, cardiac pain, loss of appetite and worm infestation.

6.47.2:Second variety of *Jambīra*

Synonyms: *Svalpajambīrikā*.
***Rasa* (Taste):** *Amla* (sour).
***Guṇa* (Physical property):** *Gurū* (heavy).
Vīrya* (Potency):Ūṣana* (hot).
Effect on *Tridōṣa*: Pacifies *vāta* and *kapha*.
Action: Appetizer, cardiac tonic and tonic.
Therapeutics: Constipation, colic, cough, nausea, vomiting, excessive thirst, indigestion, cardiac pain, loss of appetite and worm infestation.

6.48.1: *Nimbūka- Citrus limon*(L.) Osbeck (Rutaceae)

निम्बूःस्त्रीनिम्बुकंक्लीबेनिम्बूकमपिकीर्तितम्।
निम्बूकमम्लंवातघ्नंदीपनंपाचनंलघु।
निम्बुकंकृमिसमूहनाशनंतीक्ष्णमम्लमुदरग्रहापहम्।
वातपित्तकफशूलिनेहितंकष्टनष्टरुचिरोचनंपरम्॥११२॥
त्रिदोषवह्निक्षयवातरोगनिपीडितानांविषविह्वलानाम्।
मन्दानलेबद्धगुदेप्रदेयंविषूचिकायांमुनयोवदन्ति॥११३॥

***Rasa* (Taste):** *Amla* (sour).
***Guṇa* (Physical property):** *Laghu* (light).
***Vīrya* (Potency):** *Ūṣana* (hot).
Effect on *Tridōṣa*: Pacifies *vāta*.
Action: Appetizer and digestive.

6.48.2:Other varieties of *Nimbūka*

***Rasa* (Taste):** *Amla* (sour).
***Guṇa* (Physical property):** *Tīkṣana* (sharp).
***Vīrya* (Potency):** *Ūṣana* (hot).
Effect on *Tridōṣa*: Pacifies *vāta*, *pitta* and *kapha*.
Action: Anthelmintic.
Therapeutics: Abdominal colic, microbial infections, anorexia, poisoning, loss of appetite, constipation and cholera.

6.49: *Miṣṭanimbūphala-Citrus limettioides* Tan. (Rutaceae)

मिष्टनिम्बूफलंस्वादुगुरुमारुतपित्तनुत्।
गररोगविषध्वंसिकफोत्क्लेशिचरक्तहृत्।
शोषारुचितृषाच्छर्दिहरंबल्यञ्चबृंहणम्॥११४॥

Rasa (Taste): *Madhura* (Sweet) and *amla* (sour).

Guṇa (Physical property): *Gurū* (heavy).
Effect on *Tridōṣa*: Pacifies *vāta* and *pitta* but aggravates *kapha*.
Action: Tonic and nutritive.
Therapeutics: Diseases of the throat, poisoning, diseases of the blood, consumption, anorexia, excessive thirst and vomiting.

6.50: *Karmaraṅga-Averrhoa carambola* L. (Oxalidaceae)

कर्मरङ्गंशिरालंचबृहदम्लंरुजाकरम् ।
कर्मरङ्गंहिमंग्राहिस्वाद्वम्लंकफवातहृत् ॥११५॥

Synonyms: *Śirāla, bṛhadamla* and *rujākara.*
***Rasa* (Taste):** *Madhura* (sweet).
***Guṇa* (Physical property):** *Gurū* (heavy).
***Vīrya* (Potency):** *Ṣīta* (cold).
Effect on *Tridōṣa*: Pacifies *vāta* and *kapha*.
Action: Astringent.

6.51.1: *Amlikā-Tamarindus indica* L. (Fabaceae)

अम्लिकाचुक्रिकाम्लीचचुक्रादन्तशठापिच ।
अम्लाचचिञ्चिकाचिञ्चातिन्तिडीकाचतिन्तिडी ॥११६॥
अम्लिकाऽम्लागुरुर्वातहरीपित्तकफास्रकृत् ।
पक्वातुदीपनीरूक्षासरोष्णाकफवातनुत् ॥११७॥

Synonyms: *Cukrikāmlī, cukrā, dantaśaṭhā, amlā, ciñcikā, ciñcā, tintiḍīkā* and *tintiḍī.*
***Rasa* (Taste):** *Amla* (sour).
***Guṇa* (Physical property):** *Gurū* (heavy).
Effect on *Tridōṣa*: Pacifies *vāta* but aggravates *pitta* and *kapha*.
Note: It vitiates the blood.

6.51.2:Unripe *Amlikā*

***Rasa* (Taste):** *Amla* (sour).
***Guṇa* (Physical property):** *Gurū* (heavy) and *rūkṣa* (ununctuous).
Vīrya* (Potency):Ūṣana* (hot).

Effect on *Tridōṣa*: Pacifies *vāta* and *kapha*.
Action: Appetizer and laxative.

6.52: *Amlavētasa-Garcinia pedunculata* Roxb. ex Buch.-Ham. (Clusiaceae)

स्यादम्लवेतसश्चुक्रंशतवेधिसहस्रनुत्।
अम्लवेतसमत्यम्लंभेदनंलघुदीपनम्।
हृद्रोगशूलगुल्मघ्नंपित्तलंलोमहर्षणम्॥११८॥
रूक्षंविण्मूत्रदोषघ्नंप्लीहोदावर्तनाशनम्।
हिक्कानाहारुचिश्वासकासाजीर्णवमिप्रणुत्॥११९॥
कफवातामयध्वंसिच्छागमांसद्रवत्वकृत्।
चणकाम्लगुणंज्ञेयंलोहसूचीद्रवत्वकृत्॥१२०॥

Synonyms: *Cukra, śatavēdhi* and *sahasranut.*
***Rasa* (Taste):** *Amla* (sour).
***Guṇa* (Physical property):** *Laghu* (light).
***Vīrya* (Potency):** *Śīta* (cold).
Effect on *Tridōṣa*: Pacifies *vāta* and *kapha* but aggravates *pitta*.
Action: Laxative and appetizer.
Therapeutics: Heart ailments, colic, abdominal tumor, constipation, tympanites, hiccough, flatulence, anorexia, asthma, cough, indigestion and vomiting.

6.53.1: *Vṛkṣāmla-Garcinia indica* Choisy (Clusiaceae)

वृक्षाम्लंतिन्तिडीकञ्चचुक्रंस्यादम्लवृक्षकम्।
वृक्षाम्लमाममम्लोष्णंवातघ्नंकफपित्तलम्।
पक्वन्तुगुरुसंग्राहिकटुकंतुवरंलघु॥१२१॥
अम्लोष्णंरोचनंरूक्षंदीपनंकफवातकृत्।
तृष्णार्शोग्रहणीगुल्मशूलहृद्रोगजन्तुजित्॥१२२॥

Synonyms: *Tintiḍīka, cukra* and *amlavṛkṣaka.*
***Rasa* (Taste):** *Amla* (sour).

***Guṇa* (Physical property):** *Laghu* (light).
***Vīrya* (Potency):** *Ūṣana* (hot).
Effect on *Tridōṣa*: Aggravates *pitta* and *kapha* but pacifies *vāta*.

6.53.2:Ripe fruit of *Vṛkṣāmla*

Rasa (Taste): *Kaṭu* (pungent), *kṣāya* (astringent) and *amla* (sour).
***Guṇa* (Physical property):** *Gurū* (heavy).
***Vīrya* (Potency):** *Ūṣana* (hot).
Effect on *Tridōṣa*: Aggravates *vāta* and *kapha*.
Action: Astringent, antibacterial and appetizer.
Therapeutics: Excessive thirst, hemorrhoids, malabsorption, abdominal tumor, colic, and heart ailments.

6.54: *Caturamla* (Collection of four fruits)

अम्लवेतसवृक्षाम्लबृहज्जम्बीरनिम्बुकैः ।
चतुरम्लंहिपञ्चाम्लंबीजपूरयुतैर्भवेत् ॥१२३॥

Ingredients: *Amlavētasa, vṛkṣāmla,jambira* and *nimbu*.

6.55: *Pañcāmla* (Collection of five fruits)

Ingredients: *Amlavētasa, vṛkṣāmla,jambira* and *nimbu* and *madhukarkaṭī*.

6.56: Some aspects of fruits

फलेषुपरिपक्वंयद्गुणवत्तदुदाहृतम् ।
बिल्वादन्यत्रविज्ञेयमामंतद्धिगुणाधिकम् ॥१२४॥
फलेषुसरसंयत्स्याद्गुणवत्तदुदाहृतम् ।
द्राक्षाबिल्वशिवादीनांफलंशुष्कंगुणाधिकम् ॥१२५॥
फलतुल्यगुणंसर्वंमज्जानमपिनिर्दिशेत् ।
फलंहिमाग्निदुर्वातव्यालकीटादिदूषितम् ।
अकालजंकुभूमिजंपाकातीतंनभक्षयेत् ।

पाकातीतंपाकमतिक्रम्यस्थितम् ||१२६||

1. Ripe fruit is considered to be beneficial as compared to unripe but *bilva* (*Aegle marmelos*) is exception.
2. Fresh fruit is considered to be beneficial as compared to dried one but *bilva* (*Aegle marmelos*), *drākṣā* (*Vitis vinifera*) and *haritakī* (*Terminalia chebula*) are more beneficial in dried form.
3. Medicinal activity of the fruit pulp is similar to that of fruit.
4. The fruit which has been deteriorated by cold, rain, fir, storm, snakes or insets or have been obtained from improper source or have been over ripened should be avoided.

Chapter 7: *Dhātūādivarga*

7.1: Numbers of metals

स्वर्णरूप्यञ्चताम्रंचरङ्गंजशदमेवच |
सीसंलौहञ्चसप्तैतेधातवोगिरिसम्भवाः ||१||

Svarṇa (gold), *rūpya* (silver), *tāmra* (copper), *raṅga* (tin), *jaśada* (zinc), *sīsā* (lead) and *lōha* (iron).

7.2: Definition of metals

वलीपलितखालित्यकार्श्याबल्यजरामयान् |
निवार्यदेहंदधतिनृणांतद्धावतोमताः ||२||

The substances which prevent baldness, grey hair, emaciation and ageing and increase the productivity of human body are known as metals.

7.3.1: *Svarṇa* (gold)

मरीचिरङ्गिराअत्रिःपुलस्त्यःपुलहःक्रतुः |
वसिष्ठश्चेतिसप्तैतेकीर्तिताःपरमर्षयः ||३||
पुरानिजाश्रमस्थानांसप्तर्षीणांजितात्मनाम् |
पत्नीर्विलोक्यलावण्यलक्ष्मीसम्पन्नयौवनाः ||४||
कन्दर्पदर्पविध्वस्तचेतसोजातदेवसः |
पतितंयद्धरापृष्ठेरेतस्तद्धेमतामगात् |
कृत्रिमञ्चापिभवतितद्रसेन्द्रस्यवेधतः ||५||

Origin: Once upon a time seven seers (*Marīci, aṅgirā, Atri, Pulastya, Kratu* and *Vasiṣṭha*) were sitting in their house. *Agnidēva* (Lord of fire) saw beautiful and attractive women of seven seers and got attracted. The emitted seminal fluid came in contact with earth and it lead to origin of gold. Gold is prepared from *pārada* (mercury) by artificial method.

7.3.2: Synonyms of *Svarṇa*

स्वर्णसुवर्णकनकंहिरण्यंहेमहाटकम् ।
तपनीयंचगाङ्गेयंकलधौतञ्चकाञ्चनम् ॥६॥
चामीकरंशातकुम्भंतथाकार्तस्वरंचतत् ।
जाम्बूनदंजातरूपंमहारजतमित्यपि ॥७॥

Suvarṇa, kanaka, hiraṇya, hēma, hāṭaka, tapanīya gāṅgēya, kaladhauta, kāñcana, cāmīkara, śātakumbha, kārtasvara, jāmbūnada, jātarūpa and *mahārajata.*

7.3.3: Best quality of *Svarṇa*

दाहेरक्तंसितंछेदेनिषेकेकुङ्कुमप्रभम् ।
तारंशुल्बोज्झितंस्निग्धंकोमलंगुरुहेमसत् ॥८॥
तच्छ्वेतंकठिनंरूक्षंविवर्णसमलंदलम् ।
दाहेछेदेसितंश्वेतंकषेत्याज्यंलघुस्फुटम् ॥९॥
सुवर्णंशीतलंवृष्यंबल्यंगुरुरसायनम् ।
स्वादुतिक्तंचतुवरंपाकेचस्वादुपिच्छिलम् ॥१०॥
पवित्रंबृंहणंनेत्र्यंमेधास्मृतिमतिप्रदम् ।
हृद्यमायुःकरंकान्तिवाग्विशुद्धिस्थिरत्वकृत् ।
विषद्वयक्षयोन्मादत्रिदोषज्वरशोषजित् ॥११॥
बलंसवीर्यंहरतेनराणांरोगव्रजान्पोषयतीहकाये ।
असौख्यकृच्चापिसदासुवर्णमशुद्धमेतन्मरणञ्चकुर्यात् ॥१२॥
असम्यङ्मारितंस्वर्णबलंवीर्यञ्चनाशयेत् ।
करोतिरोगान्मृत्युंचतद्धन्याद्यन्नतस्ततः ॥१३॥

1. When heated in fire, gives red color.
2. White on section.

3. Standard similar to *Kēśra* (*Crocus sativus*).
4. Free from *rūpya* (silver) and *tāmra* (copper).
5. *Snigdha* (unctuous)
6. Soft.
7. Heavy in measurement.

7.3.4: Inferior quality of *Svarṇa*

1. White in appearance.
2. Rough.
3. *Rūkṣa* (ununctuous).
4. Discolored.
5. Dirty.
6. Black on section.
7. Light in measurement.
8. Breaks on striking.

7.3.5: Ash of *Svarṇa* prepared in proper manner

***Rasa* (Taste):** *Madhura* (sweet), *tikta* (bitter) and *kṣāya* (astringent).
Guṇa (Physical property): *Gurū* (heavy) and *picila*.
***Vīrya* (Potency):** *Śīta* (cold).
Vipāka* (Post digestion effect):Madhura* (sweet).
Effect on *Tridōśa*: Pacifies *pitta*, *kapha* and *vāta*.
Action (s): Aphrodisiac, tonic, nutritive, alterative, anti ageing, cardiac tonic and nootropic.
Therapeutics: Eye aliments, loss of memory, hoarseness of voice, poisoning of animal and plant origin, phthisis, hysteria, fever and consumption.

7.3.6: Ash of *Svarṇa* prepared in improper manner

It is harmful for strength and semen.

1. It produces diseases in the body.
2. Lead to death.

7.3.7: Improperly purified ash of *Suvarna*

1. It is harmful for strength and semen.

2. It produces diseases in the body.
3. Lead to death.

7.4.1: *Rūpya*(Silver)

त्रिपुरस्यवधार्थायनिर्निमेषैर्विलोचनैः।
निरीक्षयामासशिवःक्रोधेनपरिपूरितः ॥१४॥
अग्निस्तत्कालमपतत्तस्यैकस्माद्विलोचनात्।
ततोरुद्रःसमभवद्वैश्वानरइवज्वलन् ॥१५॥
द्वितीयादपतन्नेत्रादश्रुबिन्दुस्तुवामकात्।
तस्माद्रजतमुत्पन्नमुक्तकर्मसुयोजयेत्।
कृत्रिमंचभवेत्तद्धिवङ्गादिरसयोगतः ॥१६॥
रूप्यंतुरजतंतारंचन्द्रकान्तिसितप्रभम्।
गुरुस्निग्धंमृदुश्वेतंदाहेछेदेघनक्षमम्।
वर्णाढ्यंचन्द्रवत्स्वच्छंरूप्यंनवगुणंशुभम् ॥१७॥
कठिनंकृत्रिमंरूक्षंरक्तंपीतदलंलघु।
दाहच्छेदघनैर्नष्टंरूप्यंदुष्टंप्रकीर्तितम् ॥१८॥
रूप्यंशीतंकषायाम्लंस्वादुपाकरसंसरम्।
वयसःस्थापनंस्निग्धंलेखनंवातपित्तजित्।
प्रमेहादिकरोगांश्चनाशयत्यचिराद्ध्रुवम् ॥१९॥
तारंशरीरस्यकरोतितापंविद्धंघनंयच्छतिशुक्रनाशनम्।
वीर्यंबलंहन्तितनोश्चपुष्टिंमहागदान्पोषयतिह्यशुद्धम् ॥२०॥

Origin: Lord *Shiva* opened his eyes for killing *Tripurāsura.* One eye emitted fire which illuminated Lord *Rūdra.* Other eye emitted tears and from here silver originated.

7.4.2: Artificial *Rūpya*

It is prepared from combination of tin and mercury.

7.4.3: Synonyms of *Rūpya*

Rajata, tāra, candrakānti and *sitaprabha.*

7.4.4: Best quality of *Rūpya*

1. Heavy in measurement.
2. *Snigdha* (unctuous).
3. Soft.
4. White on melting.
5. White on section.
6. Does not break on striking.
7. Good colored.
8. Shinning like moon.

7.4.5: Inferior quality of *Rūpya*

1. Hard.
2. Artificial.
3. *Rūkṣa* (ununctuous).
4. Red.
5. Strong.
6. Light in measurement.
7. Breaks on melting.
8. Breaks on section.
9. Breaks on striking.

7.4.6: Ash of *Rūpya* prepared in proper manner

***Rasa* (Taste):** *Madhura* (sweet), *amla* (sour) and *kṣāya* (astringent).
Guṇa* (Physical property):Snigdha* (unctuous).
***Vīrya* (Potency):** *Śīta* (cold).
Vipāka* (Post digestion effect):Madhura* (sweet).
Effect on *Tridōśa*: Pacifies *pitta* and *vāta.*
Action (s): Laxative, anti ageing, cardiac tonic and nootropic
Therapeutics: Polyuria.

7.4.7: Ash of *Rūpya* prepared in improper manner

1. It is harmful for body.
2. It is harmful for semen.
3. It produces diseases in the body.

7.5.1: *Tāmra* (Copper)

शुक्रंयत्कार्त्तिकेयस्यपतितंधरणीतले ।
तस्मात्ताम्रंसमुत्पन्नमिदमाहुःपुराविदः ॥२१॥
ताम्रमौदुम्बरंशुल्बमुदुम्बरमपिस्मृतम् ।
रविप्रियंम्लेच्छमुखंसूर्यपर्यायनामकम् ॥२२॥
जपाकुसुमसङ्काशंस्निग्धंमृदुघनक्षमम् ।
लोहनागोज्झितंताम्रंमारणायप्रशस्यते ॥२३॥
कृष्णंरूक्षमतिस्तब्धंश्वेतञ्चापिघनासहम् ।
लौहनागयुतञ्चेतिशुल्बंदुष्टंप्रकीर्तितम् ॥२४॥
ताम्रंकषायंमधुरंचतिक्तमम्लंचपाकेकटुसारकंच ।
पित्तापहंश्लेष्महरंचशीतंतद्रोपणंस्याल्लघुलेखनञ्च ॥२५॥
पाण्डूदरार्शोज्वरकुष्ठकासश्वासक्षयान्पीनसमम्लपित्तम् ।
शोथंकृमिंशूलमपाकरोतिप्राहुःपरेबृंहणमल्पमेतत् ॥२६॥
एकोदोषोविषेताम्रेत्वसम्यङ्मारितेऽष्टते ।
दाहःस्वेदोऽरुचिर्मूर्च्छाक्लेदोरेकोवमिर्भ्रमः ॥२७॥

Origin: *Tāmra* (Copper) originated from semen of Lord *Kārttikēya*, which came in contact with earth.

7.5.2: Synonyms of *Tāmra*

Udumbara, śulbamu, umbara, ravipriya, mlēcchamukha and *sūryaparyāya*.

7.5.3: Best quality of *Tāmra*

1. Red colored.
2. *Snigdha* (unctuous).
3. Soft.
4. Strong.
5. Free from iron and lead.

7.5.4: Inferior quality of *Tāmra*

1. Black.
2. Rough.
3. Excessively hard.
4. Does not tolerate hammering.
5. Contains Iron and Lead.

7.5.5: Ash of *Tāmra* prepared in proper manner

***Rasa* (Taste):** *Madhura* (sweet), *tikta* (bitter), *amla* (sour) and *kṣāya* (astringent).
Guṇa* (Physical property):Laghu* (light) and *snigdha* (unctuous).
***Vīrya* (Potency):** *Śīta* (cold).
Vipāka* (Post digestion effect):Kaṭu* (pungent).
Effect on *Tridōśa*: Pacifies *pitta* and *kapha*.
Action (s): Laxative, tonic and styptic
Therapeutics: Anemia, abdominal diseases, hemorrhoids, fever, skin diseases, cough, asthma, phthisis, rhinitis, hyperacidity, edema, worm infestation and colic.

7.5.7: Eight effects of Ash of *Tāmra* prepared in improper manner

1. Burning sensation.
2. Hyperhidrosis.
3. Anorexia.
4. Apoplexy.
5. Fluid retention.
6. Purgation.
7. Vomiting
8. Vertigo.

7.6.1: Synonyms of *Vaṅga* (Tin)

रङ्गंवङ्गंत्रपुप्रोक्तंतथापिच्चटमित्यपि |
क्षुरकंमिश्रकंचापिद्विविधंवङ्गमुच्यते |
उत्तमंक्षुरकंतत्रमिश्रकंत्ववरंमतम् ||२८||
रङ्गंलघुसरंरूक्षमुष्णंमेहकफक्रिमीन् |
निहन्तिपाण्डुंसश्वासंचक्षुष्यंपित्तलंमनाक् ||२९||
सिंहोयथाहस्तिगणंनिहन्तितथैववङ्गोऽखिलमेहवर्गम् |
देहस्यसौख्यंप्रबलेन्द्रियत्वंनरस्यपुष्टिंविदधातिनूनम् ||३०||

Raṅga, trapu and *piccaṭa.*

7.6.2 Types of *Vaṅga*

1. *Kṣuraka* is considered to be best.
2. *Miśraka* is considered to be inferior.

7.6.3: Ash of *Vaṅga* prepared in proper manner

Guṇa (Physical property):*Laghu* (light) and *rūkśa* (unctuous).
***Vīrya* (Potency):** *Ūśana* (hot).
Effect on *Tridōśa*: Pacifies *pitta* and *kapha.*
Action (s): Laxative, tonic and styptic
Therapeutics: Polyuria, eye diseases, worm infestation, anemia and asthma. It is especially useful for polyuria.

7.7: *Yaśada* (Zinc)

जशदंरङ्गसदृशंरीतिहेतुश्चतन्मतम् |
जशदंतुवरंतिक्तंशीतलंकफपित्तहृत् |
चक्षुष्यंपरमंमेदान्पाण्डुंश्वासंचनाशयेत् ||३१||

Synonyms: *Jaśada, raṅgasadṛśa* and *rītihētu.*

***Rasa* (Taste):** *Tikta* (bitter) and *kṣāya* (astringent).
Guṇa* (Physical property):Laghu* (light) and *rūkśa* (ununctuous).
***Vīrya* (Potency):** *Śīta* (cold).
Vipāka* (Post digestion effect):Kaṭu* (pungent).
Effect on *Tridōśa*: Pacifies *pitta* and *kapha*.
Therapeutics: Eye diseases, polyuria, anemia and asthma.

7.8.1:Origin of *Nāga* (Lead)

दृष्ट्वाभोगिसुतांरम्यांवासुकिस्तुमुमोचयत्।
वीर्यंजातस्ततोनागःसर्वरोगापहानृणाम् ॥३२॥
सीसंब्रध्नंचवप्रंचयोगेष्टंनागनामकम्।
सीसंरंगगुणंज्ञेयंविशेषान्मेहनाशनम्।
नागस्तुनागशततुल्यबलंददातिव्याधिंविनाशयतिजीवनमातनोत।
वह्निंप्रदीपयतिकामबलंकरोतिमृत्युंचनाशयतिसन्ततसेवितःसः ॥३३॥
पाकेनहीनौकिलवङ्गनागौकुष्ठानिगुल्मांश्चतथाऽतिकष्टान्।
कण्डूप्रमेहानिलसादशोथभगन्दरादीन्कुरुतःप्रयुक्तौ ॥३४॥

*Nāga*originated from semen of *Vāsukistu* who was attracted by *nāgakanyā.*

7.8.2:Synonyms of *Nāga*

Bradhna, vapra and *yōgēṣṭa.*

7.8.3:Properties of *Nāga*

Guṇa* (Physical property):Laghu* (light) and *rūkśa* (ununctuous).
***Vīrya* (Potency):** *Ūśana* (hot).
Vipāka* (Post digestion effect):Kaṭu* (pungent).
Effect on *Tridōśa*: Pacifies *pitta* and *kapha*.
Action (s): Laxative, appetizer, tonic and styptic
Therapeutics: Polyuria, eye diseases, worm infestation, anemia and asthma. It is especially useful for polyuria. If taken internally for some time it acts as tonic, prevents fro diseases and increases vitality.

7.8.4:Effect of impure *Tāmra*,*Nāga* and *Vaṅga*

1. Abdominal tumor.
2. Pruritis.
3. Polyuria.
4. Vitiation of *vāta*.
5. Edema.
6. Fistula in ano.

7.9.1:Origin of *Lōha* (Iron)

पुरालोमिनदैत्यानांनिहतानांसुरैर्युधि |
उत्पन्नानिशरीरेभ्योलोहानिविविधानिच ||३५||

*Lōha*originated from bodies of demons named *Lōmina*, who were killed by *Devtā*.

7.9.2:Synonyms of *Lōha*

लोहोऽस्त्रीशस्त्रकंतीक्ष्णंपिण्डंकालायसायसी |

Strī, śastraka, tīkṣṇa, piṇḍa and *kālāyasāyasī*.

7.9.3:Sevenfaults of *Lōha*

गुरुताद्दढतोत्क्लेदःकश्मलंदाहकारिता |
अश्मदोषःसुदुर्गन्धोदोषाःसप्तायसस्यतु ||३६||

1. Heavy.
2. Solidity.
3. It leads to nausea.
4. It leads to coma.
5. It leads to burning sensation.
6. Not fit for internal use.
7. Bad smell in mouth.

7.9.4:Properties of *Lōha*

लोहंतिक्तंसरंशीतंमधुरंतुवरंगुरु ।
रूक्षंवयस्यंचक्षुष्यंलेखनंवातलंजयेत् ॥३७॥
कफंपित्तंगरंशूलंशोथार्शःप्लीहपाण्डुताः ।
मेदोमेहकृमीन्कुष्ठंतत्किट्टंतद्वदेवहि ॥३८॥

***Rasa* (Taste):** *Madhura* (sweet), *tikta* (bitter) and *kśāya* (astringent).
Guṇa* (Physical property):Laghu* (light) and *rūkśa* (ununctuous).
***Vīrya* (Potency):** *Śīta* (cold).
Effect on *Tridōśa*: Pacifies *pitta* and *kapha* but aggravates *vāta*.
Action (s): Laxative and anti ageing.
Therapeutics: Colic, edema, hemorrhoids, eye diseases, spleen diseases, obesity, polyuria, worm infestation and skin diseases.

7.9.5:Properties of *Kiṭa* of *Lōha* (Iron dust)

***Rasa* (Taste):** *Madhura* (sweet), *tikta* (bitter) and *kśāya* (astringent).
Guṇa* (Physical property):Laghu* (light) and *rūkśa* (ununctuous).
***Vīrya* (Potency):** *Śīta* (cold).
Effect on *Tridōśa*: Pacifies *pitta* and *kapha* but aggravates *vāta*.
Action (s): Laxative and anti ageing.
Therapeutics: Colic, edema, hemorrhoids, eye diseases, spleen diseases, obesity, polyuria, worm infestation and skin diseases.

7.9.6:Faults of impure *Lōha*

पाण्डुत्वकुष्ठामयमृत्युदंभवेद्धृद्रोगशूलौकुरुतेऽश्मरीञ्च ।
नानारुजानाञ्चतथाप्रकोपंकरोतिहृल्लासमशुद्धलोहम् ॥३९॥
जीवहारिमदकारिचायसंचेदशुद्धिमदसंस्कृतंध्रुवम् ।
पाटवंनतनुतेशरीरकेदारुणांहृदिरुजाञ्चयच्छति ॥४०॥
कूष्माण्डंतिलतैलञ्चमाषान्नंराजिकांतथा ।
मद्यमम्लरसंचापित्यजेल्लोहस्यसेवकः ॥४१॥

If *Lōha* is not purified properly it can lead to:

1. Impotency.
2. Skin diseases.
3. Death.
4. Produces diseases.
5. Nausea.
6. Lethargy.
7. Cardiac pain.

7.9.7: Contraindications in *Lōha* therapy

1. *Kūṣmāṇḍa*.
2. *Tilataila*.
3. *Māṣā*.
4. *Rājikā*.
5. Alcohol.
6. Acidic foods.

7.9.8: *Saralōha*

क्ष्माभृच्छिखराकाराण्यङ्गान्यम्लेनलेपयेत्।
लोहेस्युर्यत्रसूक्ष्माणितत्सारमभिधीयते ॥४२॥
लोहंसाराह्वयंहन्याद्ग्रहणीमतिसारकम्।
अर्धसर्वाङ्गजंवातंशूलंचपरिणामजम्।
छर्दिंचपीनसंपित्तंश्वासंकासंव्यपोहति ॥४३॥

Introduction: When this variety when treated with a substance having acidic taste, it results in production of minute and pyramidal structures.
Effect on *Tridōśa*: Pacifies *pitta*.
Therapeutics: Malabsorption, diarrhea, hemiplagia, paraplegia, duodenal ulcer, vomiting, rhinitis, cough and asthma.

7.9.10: *Kāntalōha*-Magnetic iron

यत्पात्रेनप्रसरतिजलेतैलबिन्दुःप्रतप्तेहिङ्गुर्गन्धं

त्यजतिचनिजंतिक्ततांनिम्बवल्कः।
तप्तंदुग्धंभवतिशिखराकारकंनैतिभूमिं
कृष्णांगःस्यात्सजलचणकःकान्तलोहंतदुक्तम् ॥४४॥
गुल्मोदरार्शःशूलाममामवातंभगन्दरम्।
कामलाशोथकुष्ठानिक्षयंकान्तमयोहरेत् ॥४५॥
प्लीहानमम्लपित्तञ्चयकृच्चापिशिरोरुजम्।
सर्वान्रोगान्विजयतेकान्तलोहंनसंशयः।
बलंवीर्यंवपुःपुष्टिंकुरुतेऽग्निंविवर्धयेत् ॥४६॥

Introduction: *Kāntalōha* has following characters:

1. When oil is put in a vessel containing water does not spread.
2. *Hiṅgu* (*Ferula asfoetida*) when fried in an iron vessel becomes odorless.
3. Bark of *nimba* (*Azadirachta indica*) when boiled in an iron vessel becomes free of its bitterness.
4. Milk when boiled in an iron vessel does not fall on the ground.
5. Black grams when kept in water in an iron vessel become black.

Actions: Tonic and spemopiotic.
Therapeutics: Abdominal tumor, abdominal diseases, hemorrhoids, colic, indigestion, rheumatism, fistula in ano, jaundice, edema, skin diseases, phthisis, spleen diseases, hyperacidity, liver ailments and headache.

7.9.11: *Maṇḍūra* (Iron oxide)

ध्यायमानस्यलोहस्यमलंमण्डूरमुच्यते।
लोहसिंहानिकाकिट्टीसिंहानञ्चनिगद्यते।
यल्लोहंयद्गुणंप्रोक्तंतत्किट्टमपितद्गुणम् ॥४७॥

Synonyms: *Lōhasiṁhānikā, kiṭṭī* and *siṁhāna.*
Note: It has been discussed under section 7.9.5.

7.10.1: *Upadhātu*

सप्तोपधातवःस्वर्णमाक्षिकंतारमाक्षिकम्।

तुत्थंकांस्यंचरीतिश्चसिन्दूरञ्चशिलाजतु ||४८||
उपधातुषुसर्वेषुतत्तद्धातुगुणाअपि |
संतिकिंतेषुतेऽत्रोनास्तत्तदंशाल्पभावतः ||४९||

These are seven in number.

1. *Svarṇamākṣika.*
2. *Tāramākṣika.*
3. *Tuttha.*
4. *Kāṁsya.*
5. *Rīti.*
6. *Sindūra.*
7. *Śilājatu.*

7.10.2: Properties of *Upadhātu*

The property of *upadhātu* depends on the metal present in it. However, the metal present in the *upadhātu* has few properties as compared to pure metal. The reason for this is small amount of metal present in *upadhātu.*

7.10.3:*Svarṇamākṣika*-Copper pyrite

स्वर्णमाक्षिकमाख्यातंतापीजंमधुमाक्षिकम् |
ताप्यंमाक्षिकधातुश्चमधुधातुश्चसस्मृतः ||५०||
किञ्चित्सुवर्णसाहित्यात्स्वर्णमाक्षिकमीरितम् |
उपधातुःसुवर्णस्यकिञ्चित्स्वर्णगुणान्वितम् ||५१||
तथाचकाञ्चनाभावेदीयतेस्वर्णमाक्षिकम् |
किन्तुतस्यानुकल्पत्वात्किञ्चिदूनगुणास्ततः ||५२||
नकेवलंस्वर्णगुणावर्तन्तेस्वर्णमाक्षिके |
द्रव्यान्तरस्यसंसर्गात्सन्त्यन्येऽपिगुणायतः ||५३||
सुवर्णमाक्षिकंस्वादुतिक्तंवृष्यंरसायनम् |
चक्षुष्यंवस्तिरुक्कुष्ठपाण्डुमेहविषोदरान् |

अर्शःशोथंविषंकण्डूंत्रिदोषमपिनाशयेत् ||५४||
मन्दानलत्वंबलहानिमुग्रांविष्टम्भितांनेत्रगदान्सकुष्ठान् |
तथैवमालांव्रणपूर्विकांचकरोतितापीजमशुद्धमेतत् ||५५||

Synonyms: *Mākhyāta, tāpīja, madhumākṣika, tāpya, mākṣikadhātu* and *madhudhātu.*
Description: *Svarṇamākṣika* consists of traces of gold hence it is known as *upadhātu* of *suvarṇa* (Gold). Although, *svarṇamākṣika* is substituted for gold but it is inferior as compared to gold. *Svarṇamākṣika* not only has properties similar to *suvarṇa* but contains properties of other ingredients also (which are present in *svarṇamākṣika*).
Rasa **(Taste):** *Tikta* (bitter) and *madhura* (sweet).
Effect on *Tridōśa*: Pacifies *vāta*, *pitta* and *kapha*.
Action: Aphrodisiac and tonic
Therapeutics: Eye diseases, diseases of the urinary bladder, skin diseases, anemia, polyuria, poisoning, abdominal diseases, edema and pruritis.

7.10.3.1:Faults of impure *Svarṇamākṣika*

If not purified properly, *svarṇamākṣika* leads to

1. Low digestive fire.
2. Low state of body health.
3. Disturbed digestion.
4. Eye diseases.
5. Skin diseases.
6. Adenitis.
7.

7.10.4:*Tāramākṣika*

तारमाक्षिकमन्यत्तुतद्भवेद्रजतोपमम् |
किञ्चिद्रजतसाहित्यात्तारमाक्षिकमीरितम् ||५६||
अनुकल्पतयातस्यततोहीनगुणाःस्मृताः |
नकेवलंरूप्यगुणायतःस्यात्तारमाक्षिकम् ||५७||
स्वादुपाकेरसेकिञ्चित्तिक्तंवृष्यंरसायनम् |
चक्षुष्यंवस्तिरुक्कुष्ठपाण्डुमेहविषोदरम् |

अर्शःशोथंक्षयंकण्डूंत्रिदोषमपिनाशयेत् ||५८||
मन्दानलत्वंबलहानिमुग्रांविष्टम्भितांनेत्रगदान्सकुष्ठान् |
तथैवमालांव्रणपूर्विकाञ्चकरोतितापीजमिदञ्चतद्वत् ||५९||

Synonyms: *Rūpyamākṣika.*
Description: *Tāramākṣika* consists of traces of *rūpya* (silver). *Tāramākṣika* not only has properties similar to *rūpya* but contains properties of other ingredients also (which are present in *tāramākṣika*).
***Rasa* (Taste):** *Tikta* (bitter) and *madhura* (sweet).
Guṇa* (Physical property):Laghu* (light) and *rūkśa* (unctuous).
Vipāka* (Post digestion effect):Madhura* (sweet).
Effect on *Tridōśa*: Pacifies *vāta*, *pitta* and *kapha*.
Action: Aphrodisiac and tonic
Therapeutics: Eye diseases, diseases of the urinary bladder, skin diseases, anemia, polyuria, poisoning, abdominal diseases, edema and pruritis.

7.10.4.1:Faults of impure *Tāramākṣika*

If not purified properly, *tāramākṣika* leads to

1. Low digestive fire.
2. Low state of body health.
3. Disturbed digestion.
4. Eye diseases.
5. Skin diseases.
6. Adenitis.

7.10.5.1:*Tuttha*

Synonyms: *Vitunnaka, śikhīgrīva* and *mayūraka.*
Description: *Tuttha* consists of traces of *tāmra* (copper). *Tuttha* not only has properties similar to *rūpya* (silver) but contains properties of other ingredients also (which are present in *tuttha*).
***Rasa* (Taste):** *Tikta* (bitter) and *kaṭu* (pungent).
Guṇa* (Physical property):Laghu* (light).
Effect on *Tridōśa*: Pacifies *pitta* and *kapha*.
Action: Alkaline, emetic and laxative.
Therapeutics: Eye diseases, obesity, poisoning, calculus, skin diseases and pruritis.

7.10.5.2:*Kharpara*-Smithsonite and calamite

***Rasa* (Taste):** *Tikta* (bitter) and *kaṭu* (pungent).
Guṇa* (Physical property):Laghu* (light).
Effect on *Tridōśa*: Pacifies *pitta* and *kapha*.
Action: Alkaline, emetic and laxative.
Therapeutics: Eye diseases, obesity, poisoning, calculus, skin diseases and pruritis.

7.11:*Kāṁsya*-Bronze

ताम्रत्रपुजमाख्यातंकांस्यंघोषंचकंसुकम् |
उपधातुर्भवेत्कांस्यंद्वयोस्तरणिरङ्गयोः |
कांस्यस्यतुगुणाज्ञेयाःस्वयोनिसदृशाजनैः |
संयोगजप्रभावेणतस्यान्येऽपिगुणाःस्मृताः ||६२||
कांस्यंकषायंतिक्तोष्णंलेखनंविशदंसरम् |
गुरुनेत्रहितंरूक्षंकफपित्तहरंपरम् ||६३||

Synonyms: *Tāmratrapujama, ghōṣa* and *kaṁsuka.*
Description: *Kāṁsya* is *upadhātu* of *tāmra* (copper)and *vaṅga* (tin). Hence *kāṁsya* shares properties of *tāmra* and *vaṅga*. Since *kāṁsya* contains other ingredients also, it has fewer properties as compared to *tāmra* and *vaṅga*.
***Rasa* (Taste):** *Tikta* (bitter) and *kśāya* (astringent).
***Guṇa* (Physical property):** *Gurū* (heavy).
Vīrya* (Potency):Ūśana* (hot).
Effect on *Tridōśa*: Pacifies *pitta* and *kapha*.
Action: Laxative.
Therapeutics: Eye diseases and obesity.

7.12:*Pittala*-Brass

पित्तलंत्वारकूटंस्यादारोरीतिश्चकथ्यते |
राजरीतिर्ब्रह्मरीतिःकपिलापिङ्गलापिच |
रीतिरप्युपधातुःस्यात्ताम्रस्यजशदस्यच ||६४||

पित्तलस्यगुणाज्ञेयाःस्वयोनिसदृशाजनैः |
संयोगजप्रभावेणतस्याप्यन्येगुणाःस्मृताः ||६५||
रीतिकायुगलंरूक्षंतिक्तञ्चलवणंरसे |
शोधनंपाण्डुरोगघ्नंकृमिघ्नंनातिलेखनम् ||६६||

Synonyms: *Tvārakūṭa* and *rīti*.
Description: *Pittala* is *upadhātu* of *tāmra* (copper)and *yaśada* (zinc). Hence *pittala* shares properties of *tāmra* (copper)and *yaśada* (zinc). Since *pittala* contains other ingredients also, it shares their properties also.
***Rasa* (Taste):** *Tikta* (bitter) and *lavaṇa* (saline).
Guṇa* (Physical property):Rūkśa*.
Vīrya* (Potency):Ūśana* (hot).
Effect on *Tridōśa*: Pacifies *pitta* and *kapha*.
Action: Laxative.
Therapeutics: Eye diseases and worm infestation.
Note: *Pittala* sets up slight emaciation.

7.13:*Sindūra*-Vermilion

सिन्दूरंरक्तरेणुश्चनागगर्भश्चसीसजम् |
सीसोपधातुःसिन्दूरोगुणैस्तत्सीसवन्मतम् |
संयोगजप्रभावेणतस्याप्यन्येगुणाःस्मृताः ||६७||
सिन्दूरमुष्णंवीसर्पकुष्ठकण्डूविषापहम् |
भग्नसंधानजननंव्रणशोधनरोपणम् ||६८||

Synonyms: *Raktarēṇu*, *nāgagarbha* and *sīsaja*.
Description: *Sindūra* is *upadhātu* of *sīsa* (lead). Hence *sindūra* shares properties of *sīsa*. Since *sindūra* contains other ingredients also, it shares their properties also.
Vīrya* (Potency):Ūśana* (hot).
Action: Styptic.
Therapeutics: Erysipelas, skin disease, fractures, poisoning and ulcers.

7.14.1:*Śilājatu-Asphlatum punjabianum*

निदाघेघर्मसन्तप्ताधातुसारंधराधराः।
निर्यासवत्प्रमुञ्चन्तितच्छिलाजतुकीर्तितम्।
सौवर्णराजतंताम्रमायसंतच्चतुर्विधम्॥६९॥
शिलाजत्वद्रिजतुचशैलनिर्यासइत्यपि।
गैरेयमश्मजंचापिगिरिजंशैलधातुजम्॥७०॥
शिलाजंकटुतिक्तोष्णंकटुपाकंरसायनम्।
छेदियोगवहंहन्तिकफमेदोश्मशर्कराः॥७१॥
मूत्रकृच्छ्रंक्षयंश्वासंवातार्शांसिचपाण्डुताम्।
अपस्मारंतथोन्मादंशोथकुष्ठोदरकृमीन्॥७२॥
(सौवर्णराजतंताम्रमायसंतच्चतुर्विधम्)।
सौवर्णंतुजपापुष्पवर्णंभवतितद्रसात्।
मधुरंकटुतिक्तंचशीतलंकटुपाकिच॥७३॥
राजतंपाण्डुरंशीतंकटुकंस्वादुपाकिच।
ताम्रंमयूरकण्ठाभंतीक्ष्णमुष्णंचजायते॥७४॥
लौहंजटायुपक्षाभंसत्तिक्तंलवणंभवेत्।
विपाकेकटुकंशीतंसर्वश्रेष्ठमुदाहृतम्॥७५॥

Synonyms: *Gharmasantaptā, dhātusāra, dharādharā, niryāsavatpra, adrijatu* and *śailaniryāsa.*
***Rasa* (Taste):** *Tikta* (bitter) and *kaṭu* (pungent).
***Vipāka* (Post digestion effect):** *Kaṭu*(pungent).
Effect on *Tridōśa*: Pacifies *kapha*.
Action: Tonic and laxative.
Therapeutics: Polyuria, calculus, diabetes mellitus, dysuria, asthma, hemorrhoids, anemia, epilepsy, hysteria, edema, skin-diseases and worm-infestation.
Note: *Śilājatu*acts synergistically when given with other drugs.

7.14.2:*Sauvarṇa* variety of *śilājatu*

Description: It is red in color, similar to flower of *japā* (*Hibiscus rosa-sinensis*).
***Rasa* (Taste):** *Madhura* (Sweet), *tikta* (bitter) and *kaṭu* (pungent).
Vīrya* (Potency):Śīta* (cold).
***Vipāka* (Post digestion effect):** *Kaṭu*(pungent).

7.14.3:*Rājata* variety of *śilājatu*

Description: It is pale yellow in color.
***Rasa* (Taste):** *Kaṭu*(pungent).
Vīrya* (Potency):Śīta* (cold).
***Vipāka*(Post digestion effect):** *Madhura* (sweet).

7.14.4:*Tāmara* variety of*śilājatu*

Description: It is dirty-brown in color, similar to the neck of a peacock.
Guṇa* (Physical property):Tīkśana*.
Vīrya* (Potency):Ūśana* (hot).

7.14.5: *Lōha* variety of *śilājatu*

Description: It is dirty-black in color, similar to feathers of vultures.
***Rasa* (Taste):** *Tikta* (bitter) and *lavaṇa* (saline).
Vīrya* (Potency):Śīta* (cold).
***Vipāka* (Post digestion effect):** *Kaṭu* (pungent).

7.15.1: Definition of *Rasa*

रसायनार्थिभिर्लोकैःपारदोरस्यतेयतः ।
ततोरसइतिप्रोक्तःसचधातुरपिस्मृतः ॥७६॥
शिवाङ्गात्प्रच्युतंरेतंपतितंधरणीतले ।
तद्देहसारजातत्वाच्छुक्लमच्छमभूच्चतत् ॥७७॥
क्षेत्रभेदेनविज्ञेयंशिववीर्यंचतुर्विधम् ।

श्वेतंरक्तंतथापीतंकृष्णंतत्तुभवेत्क्रमात् ॥७८॥
ब्राह्मणःक्षत्रियोवैश्यःशूद्रश्चखलुजातितः ।
श्वेतंशस्तंरुजांनाशेरक्तंकिलरसायनम् ।
धातुवादेतुतत्पीतंखेगतौकृष्णमेवच ॥७९॥
पारदोरसधातुश्चरसेन्द्रश्चमहारसः ।
चपलःशिववीर्यश्चरसःसूतःशिवाह्वयः ॥८०॥
पारदःषड्रसःस्निग्धस्त्रिदोषघ्नोरसायनः ।
योगवाहीमहावृष्यःसदादृष्टिबलप्रदः ।
सर्वामयहरःप्रोक्तोविशेषात्सर्वकुष्ठनुत् ॥८१॥
स्वस्थोरसोभवेद्ब्रह्माबद्धोज्ञेयोजनार्दनः ।
रञ्जितःकामितश्चापिसाक्षाद्देवोमहेश्वरः ॥८२॥
मूर्च्छितोहरतिरुजंबन्धनमनुभूयखेगतिंकुरुते ।
अजरीकरोतिहिमृतःकोऽन्यःकरुणाऽऽकरःसूतात् ॥८३॥
असाध्योयोभवेद्रोगोयस्यनास्तिचिकित्सितम् ।
रसेन्द्रोहन्तितंरोगंनरकुञ्जरवाजिनाम् ॥८४॥
मलंविषंवह्निगिरित्वचापलंनैसर्गिकंदोषमुशन्तिपारदे ।
उपाधिजौद्वौत्रपुनागयोगजौदोषौरसेन्द्रेकथितौमुनीश्वरैः ॥८५॥
मलेनमूर्च्छामरणंविषेणदाहोऽग्निनाकष्टतरःशरीरे ।
देहस्यजाड्यंगिरिणासदास्युश्चाञ्चल्यतोवीर्यहृतिश्चपुंसाम् ॥८६॥
वङ्गेनकुष्ठंभुजगेनषण्ढोभवेदतोऽसौपरिशोधनीयः ॥८७॥
वह्निर्विषंमलंचेतिमुख्यादोषास्त्रयोरसे ।
एतेकुर्वन्तिसन्तापंमृतिंमूर्च्छांनृणांक्रमात् ॥८८॥
अन्येऽपिकथितादोषाभिषग्भिःपारदेयदि ।
तथाऽप्येतेत्रयोदोषाहरणीयाविशेषतः ॥८९॥
संस्कारहीनंखलुसूतराजंयःसेवतेतस्यकरोतिबाधाम् ।
देहस्यनाशंविदधातिनूनंकष्टांश्चरोगाञ्जनयेन्नराणाम् ॥९०॥

It has two aspects:

1. Since it is used for *Rasāyana* (tonic) action it is known as *rasa*.
2. *Rasa* stands for *Pārada* (mercury) and it is used or nutrition of the human body.

7.15.2: Origin of *Pārada*(Mercury)

Pārada originated from the semen of Lord *Śīva*. Since it was produced from the semen it acquired clearness and whiteness.

7.15.3: Types of *Pārada*

1. *Brāhmaṇa* is of white color.
2. *Kṣatriya* is of red color.
3. *Vaiśya* is of yellow color.
4. *Śūdra* is of black color.

7.15.4: Properties of four types of *Pārada*

1. *Brāhmaṇa* is used for therapeutic use.
2. *Kṣatriya* is used for tonic action.
3. *Vaiśya* is used in alchemy.
4. *Śūdra* is used for meditation.

7.15.5: Properties of*Pārada*

Rasa (Taste): *Madhura* (sweet), *amla* (sour), *lavaṇa* (saline), *tikta* (*bitter*), *kaṭu* (pungent) and *kśāya* (astringent).
Effect on *Tridōśa*: Pacifies *vāta*, *pitta* and *kapha*.
Action: Tonic and aphrodisiac.
Therapeutics: Beneficial for eye vision and skin diseases.

7.15.6: Names of *Pārada* of stages

1. *Brahmā* represents pure mercury.
2. *Baddha* represents impure mercury.
3. *Rañjita* represents colored state of mercury.
4. *Kāmita* represents mercury used for aphrodisiac purpose.

7.15.7: Importance of *Pārada*

1. *Pārada* processed according to rules and regulations, is helpful for alleviating diseases.
2. Processed *pārada* has anti ageing effect.
3. *Pārada* is helpful is alleviating incurable diseases of humans, elephants and horses.

7.15.8: Natural impurities of *Pārada*

1. *Mala*
2. *Viṣa.*
3. *Agni.*
4. *Giridōṣa.*
5. *Capala.*
6. Adulteration with *Ranga* (tin).
7. Adulteration with *Sisa* (lead).

7.15.9: Impact of natural impurities of *Pārada*

1. *Mala* leads to coma.
2. *Viṣa* leads to death.
3. *Agni* leads to pain in the body.
4. *Giridōṣa* lead to lethargy.
5. *Capala* is harmful for semen.
6. Adulteration with *vaṅga* (tin) leads to skin diseases.
7. Adulteration with *śīsa* (lead) leads to impotency.

Keeping in mind above impurities of *pārada* it should be properly purified.

7.15.10: Effect of use of *Pārada* not processed properly

1. Painful.
2. Produces diseases.
3. Lead to death.

7.16.1: *Uparasa*

Gandha, hiṅgula, abhra, tāla, kaśilā, srōtōañjana, ṭaṅkaṇa, rājāvartaka, cumbaka, sphaṭikayā, śaṅkha, khaṭī, gairika, kāsīsa, rasaka, kaparda, sikatā, bōlā, kaṅkuṣṭhaka and *saurāṣṭrī*

7.16.2: *Hiṅgula*-Cinnabar

हिङ्गुलंदरदंम्लेच्छमिङ्गुलंचूर्णपारदम् |
दरदस्त्रिविधःप्रोक्तश्चर्मारःशुकतुण्डकः |
हंसपादस्तृतीयःस्याद्गुणवानुत्तरोत्तरम् ||९२||
चर्मारःशुक्लवर्णःस्यात्सपीतःशुकतुण्डकः |
जपाकुसुमसङ्काशोहंसपादोमहोत्तमः ||९३||
तिक्तंकषायंकटुहिङ्गुलंस्यान्नेत्रामयघ्नंकफपित्तहारि |
हृल्लासकुष्ठज्वरकामलाश्चप्लीहामवातौचगरंनिहन्ति ||९४||
ऊर्ध्वपातनयुक्त्यातुडमरुयन्त्रपाचितम् |
हिङ्गुलंतस्यसूतंतुशुद्धमेवंनशोधयेत् ||९५||

Synonyms: *Darada, mlēcchamiṅgula* and *cūrṇapārada.*
Types: 1. *Carmāra*. 2. *Śukatuṇḍaka* and 3. *Haṁsapāda*.
Out of three types; *haṁsapāda* is considered to be superior.

1. *Carmāra* is white colored.
2. *Śukatuṇḍaka* is yellow colored.
3. *Haṁsapāda* is red colored.

***Rasa* (Taste):** *Tikta* (Bitter), *kaṭu* (pungent) and *kśāya* (astringent).
Effect on *Tridōśa*: Pacifies *pitta* and *kapha*.
Therapeutics: Nausea, eye diseases, skin diseases, fever, jaundice, spleen diseases, rheumatism and poisoning.

7.16.3: *Pārada* derived from *hiṅgula*

Pārada extracted from *hiṅgula* by distillation in an instrument (*Damrūyantra*) is highly pure and does not require further process for purification.

7.16.4: *Gandhaka*-Sulphur

श्वेतद्वीपेपुरादेव्याःक्रीडन्त्यारजसाप्लुतम् |
दुकूलंतेनवस्त्रेणस्नातायाःक्षीरनीरधौ |
प्रसृतंयद्रजस्तस्माद्गन्धकःसमभूत्ततः ||९६||
गन्धकोगन्धिकश्चापिगन्धपाषाणइत्यपि |
सौगन्धिकश्चकथितोबलिर्बलरसोऽपिच ||९७||
चतुर्धागन्धकःप्रोक्तोरक्तःपीतःसितोऽसितः |
रक्तोहेमक्रियासूक्तःपीतश्चैवरसायने |
व्रणादिलेपनेश्वेतःकृष्णःश्रेष्ठःसुदुर्लभः ||९८||
गन्धकःकटुकस्तिक्तोवीर्योष्णस्तुवरःसरः |
पित्तलःकटुकःपाकेजन्तुकण्डूविसर्पजित् |
हन्तिकुष्ठक्षयप्लीहकफवातान्रसायनः ||९९||
अशोधितोगन्धकएषकुष्ठंकरोतितापंविषमंशरीरे |
शोषंचरूपंचबलंतथौजःशुक्रंनिहन्त्येवकरोतिचास्रम् ||१००||

Origin: Once upon a time *Paāvati's* cloth was stained with menstrual fluid in *śvētadvīpa*. When she took bath in *Kṣīra Ocean*, the menstrual fluid which got distributed in water gave origin to sulphur.
Synonyms: *Gandhika, gandhapāṣāṇa, saugandhika, kathita* and *balirbalarasa.*

7.16.4.1: Uses of four types of *Gandhaka*

1. Red is used in the preparation of gold
2. Yellow is used as tonic.
3. White is sued as paste in external ulcers.
4. Black is used is sued for variety of purpose and is rarely distributed.

7.16.4.2: Properties of *Gandhaka*

***Rasa* (Taste):** *Tikta* (Bitter), *kaṭu* (pungent) and *kśāya* (astringent).
***Vīrya* (Potency):** *Ūśana* (hot).
***Vipāka* (Post digestion effect):** *Kaṭu*(Pungent).

Effect on *Tridōśa*: Pacifies *vāta* and *kapha*.
Action: Laxative and tonic.
Therapeutics: Worm infestation, pruritis, erysipelas, skin diseases, phthisis and spleen diseases.

7.16.4.3: Faults of impure *Gandhaka*

Gandhaka if not properly purified can lead to

1. Skin diseases,
2. Irregular fever.
3. Blood diseases.
4. It is harmful for complexion, strength, immunity and semen.

7.17.1: *Abhraka*-Mica

पुरावधायवृत्रस्यवज्रिणावज्रमुद्धृतम् ।
विस्फुलिङ्गास्ततस्तस्यगगनेपरिसर्पिताः ॥१०१॥
तेनिपेतुर्घनध्वानाच्छिखरेषुमहीभृताम् ।
तेभ्यएवसमुत्पन्नंतत्तद्गिरिषुचाभ्रकम् ॥१०२॥
तद्वज्रंवज्रजातत्वादभ्रमभ्ररवोद्भवात् ।
गगनात्स्खलितंयस्माद्गगनंचततोमतम् ॥१०३॥
विप्रक्षत्रियविट्शूद्रभेदात्तत्स्याच्चतुर्विधम् ।
क्रमेणैवसितंरक्तंपीतंकृष्णंचवर्णतः ॥१०४॥
प्रशस्यतेसितंतारंरक्तंतत्तुरसायने ।
पीतंहेमनिकृष्णंतुगदेषुद्रुतयेऽपिच ॥१०५॥
पिनाकंदर्दुरंनागंवज्रंचेतिचतुर्विधम् ।
मुञ्चत्यग्नौविनिक्षिप्तंपिनाकंदलसञ्चयम् ॥१०६॥
अज्ञानाद्भक्षणंतस्यमहाकुष्ठप्रदायकम् ।
दर्दुरंत्वग्निनिःक्षिप्तंकुरुतेदर्दुरध्वनिम् ॥१०७॥
गोलकान्बहुशःकृत्वासस्यान्मृत्युप्रदायकः ।
नागंतुनागवद्वह्नौफूत्कारंपरिमुञ्चति ॥१०८॥

तद्भक्षितमवश्यंतुविदधातिभगन्दरम् ।
वज्रंतुवज्रवत्तिष्ठेत्तन्नाग्नौविकृतिंव्रजेत् ॥१०९॥
सर्वाभ्रेषुवरंवज्रंव्याधिवार्धक्यमृत्युहृत् ।
अभ्रमुत्तरशैलोत्थंबहुसत्त्वंगुणाधिकम् ।
दक्षिणाद्रिभवंस्वल्पसत्त्वमल्पगुणप्रदम् ॥११०॥
अभ्रंकषायंमधुरंसुशीतमायुष्करंधातुविवर्धनंच ।
हन्यात्त्रिदोषंव्रणमेहकुष्ठप्लीहोदरग्रन्थिविषक्रिमींश्च ॥१११॥
रोगान्हन्तिद्रढयतिवपुर्वीर्यवृद्धिंविधत्ते
तारुण्याढ्यंरमयतिशतंयोषितांनित्यमेव ।
दीर्घायुष्कान्जनयतिसुतान्विक्रमैःसिंहतुल्यान्
मृत्योर्भीतिंहरतिसततंसेव्यमानंमृताभ्रम् ॥११२॥
अशुद्धाभ्रक-पीडांविधत्तेविविधांनराणांकुष्ठंक्षयंपाण्डुगदंचशोथम् ।
हृत्पार्श्वपीडांचकरोत्यशुद्धमभ्रंत्वसिद्धंगुरुतापदंस्यात् ॥११३॥

Origin: When Lord *Indra* used *vajra* (a weapon) to kill *Vṛtrasya,* lightening from the *vajra* struck the space. This resulted in cloud bursting that further struck mountains. The mountains which came in contact with lightening resulted in origin of *abhraka*.

7.17.2: Synonyms of *Abhraka*

Gagan and *Vajra.*

7.17.3: Types of *Abhraka*

1. *Brāhmaṇa* is white colored.
2. *Kṣatriya* is of red color.
3. *Vaiśya* is of yellow color.
4. *Śūdra* is of black color.

1. *Brāhmaṇa* is used for preparation of *rūpya* (silver).
2. *Kṣatriya* is for tonic action.
3. *Vaiśya* is used for preparation of *suvarṇa* (Gold).

4. *Śūdra* is used for therapeutic purpose.

7.17.3: Other types of *Abhraka*

1. *Pināka*: This type when put in fire, beaks into pieces. If consumed it can lead to skin diseases.
2. *Dardura*: It produces noise (like frog) when put in fire. If consumed it can lead to nodules.
3. *Nāga*: It produces hissing sound (like snake) when put in fire. If consumed it can definitely lead to fistula formation.
4. *Vajra*: This variety remains unchanged when put in fire. It is considered to be best among all types as it used for alleviating disease, preventing ageing and death.

7.17.4: Properties of *Abhraka* according to origin

1. *Abhraka* originating from northern mountains is more potent and has more properties.
2. *Abhraka* originating from eastern mountains is less potent and has less property.

7.17.5: *Bhasma* of *Abhraka* (Ash of mica)

***Rasa* (Taste):** *Madhura* (sweet) and *kśāya* (astringent).
Vīrya* (Potency):Śīta* (cold).
Effect on *Tridōśa*: Pacifies *vāta*, *pitta* and *kapha*.
Action: Anabolic and anti ageing.
Therapeutics: Polyuria, ulcer, ski diseases, spleen diseases, abdominal diseases, adenitis, poisoning and worm infestation. If *Abhraka* is taken regularly it imparts strengthens the body and increases vitality. The person consuming *Abhraka* can do intercourse with hundred ladies.

7.17.6: Faults of impure *Abhraka*

Impure *abhraka* can lead to

1. Skin diseases.
2. Phthisis.
3. Anemia.
4. Edema.
5. Hear ailments.

6. Pain in the ribs.

7.17.7: Faults of *Abhraka* processed not according to proper method

If unprocessed *abharka* is consumed, it produces lot of distress.

7.18.1: *Haritāla*-Orpiment

हरितालंतुतालंस्यादालंतालकमित्यपि |
हरितालंद्विधाप्रोक्तंपत्राख्यंपिण्डसंज्ञकम् |
तयोराद्यंगुणैःश्रेष्ठंततोहीनगुणंपरम् ||११४||
स्वर्णवर्णगुरुस्निग्धंसपत्रंचाभ्रपत्रवत् |
पत्राख्यंतालकंविद्याद्गुणाढ्यंतद्रसायनम् ||११५||
निष्पत्रंपिण्डसद्दशंस्वल्पसत्त्वंतथागुरु |
स्त्रीपुष्पहारकंस्वल्पगुणंतत्पिण्डतालकम् ||११६||
हरितालंकटुस्निग्धंकषायोष्णंहरेद्विषम् |
कण्डूकुष्ठास्यरोगास्रकफपित्तकचव्रणान् ||११७||
हरतिचहरितालंचारुतांदेहजातांसृजतिचबहुतापञ्चाङ्गसङ्कोचपीडाम् |
वितरतिकफवातौकुष्ठरोगंविदध्यादिदमशितमशुद्धंमारितंचाप्यसम्यक् ||११८||

Synonyms: *Tāla, āla* and *tālaka*.

7.18.2: Types of *Haritāla*

1. ***Patrākhya:*** It is considered to be the best type. It has following properties:
Description: It occurs in sheets (like *abhraka*).
Color: Red.
***Guṇa* (Property):** *Gurū* (heavy) and *snigdha* (unctuous).
Action: Tonic.
2.*Piṇḍasaṁjñaka:* It is considered to be the less potent as compared to *patrākhya*. It has following properties:

Description: It does not occur in sheets
Note: It is said to be harmful for semen and menstrual fluid.

7.18.3: Properties of *Haritāla*

Rasa **(Taste):** *Kaṭu* (pungent) and *kśāya* (astringent).
Guṇa **(Property):***Snigdha* (unctuous).
Vīrya **(Potency):***Ūśana* (hot).
Effect on *Tridōśa***:** Pacifies *pitta* and *kapha*.
Action: Laxative and tonic.
Therapeutics: Poisoning, pruritis, skin diseases, diseases of the mouth, blood diseases, hair diseases and ulcer.

7.18.4: Faults of *Haritāla* not processed according to proper method

If unprocessed *haritāla*is consumed, it produces lot of distress and pain in the body.

7.19.1: *Manaḥśilā*-Realgar

मनःशिलामनोगुप्तामनोह्वानागजिह्विका।
नैपालीकुनटीगोलाशिलादिव्यौषधिःस्मृता ॥११९॥
मनःशिलागुरुर्वर्ण्यासरोष्णालेखनीकटुः।
तिक्तास्निग्धाविषश्वासकासभूतकफास्रनुत् ॥१२०॥
मनःशिलामन्दबलंकरोतिजन्तुंध्रुवंशोधनमन्तरेण।
मलानुबन्धंकिलमूत्ररोधंसशर्करंकृच्छ्रगदंचकुर्यात् ॥१२१॥

Synonyms: *Manōguptā, manōhvā, nāgajihvikā, naipālī, kunaṭī, gōlā, śilā* and *divyauṣadhi.*

7.19.2: Properties of *Manaḥśilā*

Rasa **(Taste):** *Kaṭu* (pungent) and *tikta* (bitter).
Guṇa **(Property):***Snigdha* (unctuous).

Vīrya* (Potency):Ūśana* (hot).
Effect on *Tridōśa*: Pacifies *kapha*.
Action: Alterative and laxative.
Therapeutics: Poisoning, cough, asthma, microbial infections and blood diseases.

7.19.3: Faults of *Manaḥśilā* not processed according to proper method

If unprocessed *manaḥśilā* is consumed, it produces prostration, constipation, dysuria and glycosuria.

7.20.1: *Añjana*-Stybnite

अञ्जनंयामुनंचापिकापोताञ्जनमित्यपि।
तत्तुस्रोतोऽञ्जनंकृष्णंसौवीरंश्वेतमीरितम्।
वल्मीकशिखराकारेभिन्नमञ्जनसन्निभम्॥१२२॥
घृष्टंतुगैरिकाकारमेतत्स्रोतोञ्जनंस्मृतम्।
स्रोतोञ्जनसमंज्ञेयंसौवीरंतत्तुपाण्डुरम्॥१२३॥
स्रोतोऽञ्जनंस्मृतंस्वादुचक्षुष्यंकफपित्तनुत्।
कषायंलेखनंस्निग्धंग्राहिच्छर्दिविषापहम्॥१२४॥
सिध्मक्षयास्रहृच्छीतम्सेवनीयंसदाबुधैः।
स्रोतोऽञ्जनगुणाःसर्वेसौवीरेऽपिमताबुधैः।
किन्तुद्वयोरञ्जनयोःश्रेष्ठंस्रोतोञ्जनंस्मृतम्॥१२५॥

Synonyms: *Yāmuna* and *kāpōtāñjana*.

7.20.2: *Srōtōañjana*- Galena

Introduction: It is of black color. It is pyramidal in shape and on breaking, it looks like pieces of *añjana* and on rubbing it looks like *Gērū* (Ochre). Among two varieties, *srōtōañjana* is considered to be superior.
***Rasa* (Taste):** *Madhura* (sweet) and *kśāya* (astringent).
Guṇa* (Property):Snigdha* (unctuous).

Vīrya* (Potency):Śita* (cold).
Effect on *Tridōśa*: Pacifies *pitta* and *kapha*.
Therapeutics: Obesity, vomiting, poisoning, skin diseases, phthisis and blood diseases.

7.20.3: *Sauvīrāñjana*-Antimonium

Introduction: It is of pale yellow color.
***Rasa* (Taste):** *Madhura* (sweet) and *kśāya* (astringent).
Guṇa* (Property):Snigdha* (unctuous).
Vīrya* (Potency):Śīta* (cold).
Effect on *Tridōśa*: Pacifies *pitta* and *kapha*.
Therapeutics: Obesity, vomiting, poisoning, skin diseases, phthisis and blood diseases

7.21: *Ṭaṅkaṇa*-Borax

टङ्कणोऽग्निकरोरूक्षःकफघ्नोवातपित्तकृत् ||१२६||

Guṇa* (Property):Rūkśa* (ununctuous).
Effect on *Tridōśa*: Aggravates *vāta* and *pitta* but pacifies *kapha*.
Action: Appetizer.

7.22: *Sphaṭikā*-Alum

स्फटीचस्फटिकाप्रोक्ताश्वेताशुभ्राचरङ्गदा |
दृढरङ्गासुरंगाचदृढारङ्गापिकथ्यते ||१२७||
स्फटिकातुकषायोष्णावातपित्तकफव्रणान् |
निहन्तिश्वित्रवीसर्पान्योनिसङ्कोचकारिणी ||१२८||

Synonyms: *Sphaṭī, sphaṭikā, śvētā, śubhrā, raṅgadā, dṛḍharaṅgā, suraṁgā, dṛḍhā* and *raṅgā.*
***Rasa* (Taste):** *Kśāya* (astringent).
Vīrya* (Potency):Ūśana* (hot).
Effect on *Tridōśa*: Pacifies *vāta*, *pitta* and *kapha*.
Therapeutics: Ulcer, leucoderma and erysipelas.

7.23: *Rājāvarta*-Lapis lazuli

राजावर्तःकटुस्तिक्तःशिशिरःपित्तनाशनः ।
राजावर्तःप्रमेहघ्नःछर्दिहिक्कानिवारणः ॥१२९॥

Rasa (Taste): *Kaṭu* (pungnet) and *tikta* (bitter).
Vīrya (Potency):*Śīta* (cold).
Effect on _Tridōśa_: Pacifies *pitta*.
Therapeutics: Polyuria, vomiting and hiccough.

7.24: *Cumbaka*-Magnet

चुम्बकःकान्तपाषाणोऽयःकांतोलोहकर्षकः ।
चुम्बकोलेखनःशीतोमेदोविषगरापहः ॥१३०॥

Synonyms: *Kāntapāṣāṇa, kāṁta* and *lōhakarṣaka.*
Vīrya (Potency):*Śīta* (cold).
Therapeutics: Obesity and poisoning.

7.25.1: *Gairika*-Red Ochre

गैरिकंरक्तधातुश्चगैरेयंगिरिजंतथा ।
सुवर्णगैरिकंत्वन्यत्ततोरक्ततरंहितत् ॥१३१॥
गैरिकद्वितयंस्निग्धंमधुरंतुवरंहिमम् ।
चक्षुष्यंदाहपित्तास्रकफहिक्काविषापहम् ॥१३२॥

Introduction: It is of red color.
Synonyms: *Raktadhātu, gairēya* and *girija.*
Rasa (Taste): *Madhura* (sweet) and *kśāya* (astringent).
Guṇa (Property):*Snigdha* (unctuous).
Vīrya (Potency):*Śīta* (cold).
Effect on _Tridōśa_: Pacifies *pitta* and *kapha*.
Therapeutics: Blood diseases, eye diseases, burning sensation, hiccough and poisoning.

7.25.2: *Suvarṇagairika*

Synonyms: *Raktadhātu, gairēya* and *girija.*
Rasa **(Taste):** *Madhura* (sweet) and *kśāya* (astringent).
Guṇa **(Property):***Snigdha* (unctuous).
Vīrya **(Potency):***Śīta* (cold).
Effect on *Tridōśa*: Pacifies *pitta* and *kapha*.
Therapeutics: Blood diseases, eye diseases, burning sensation, hiccough and poisoning.

7.26.1: *Khaṭikā*-Chalk

खटिकाकठिनीचापिलेखनीननिगद्यते।
खटिकादाहास्रजिच्छीतामधुराविषशोथजित्।
लेपादेतद्गुणाप्रोक्ताभक्षितामृत्तिकासमा।
खटीगौरखटीद्वेचगुणैस्तुल्येप्रकीर्तिते ॥१३३॥

Synonyms: *Kaṭhinī* and *lēkhanī.*
Rasa **(Taste):** *Madhura* (sweet).
Vīrya **(Potency):***Śīta* (cold).
Therapeutics: Blood diseases, burning sensation, edema and poisoning.
Note: *Khaṭikā* is applied externally for above indications.

7.26.2: *Gaura*

Rasa **(Taste):** *Madhura* (sweet).
Vīrya **(Potency):***Śīta* (cold).
Therapeutics: Blood diseases, burning sensation, edema and poisoning.

7.27: *Vālukā*-Sand

वालुकासिकताप्रोक्ताशर्करारेतजापिच।
वालुकालेखनीशीताव्रणोरःक्षतनाशिनी ॥१३४॥

Synonyms: *Sikatā, śarkarā* and *rētajā.*

Vīrya* (Potency):Śīta* (cold).
Effect on *Tridōśa*: Pacifies *pitta* and *kapha*.
Therapeutics: Obesity, ulcer and diseases of the thorax.

7.28: *Tutthabhēda*

खर्परीतुत्थकंतुत्थादन्यत्तद्रसकंस्मृतम् |
येगुणास्तुत्थकेप्रोक्तास्तेगुणारसकेस्मृताः ||१३५||

Synonyms: *Kharparī* and *tutthādanyattadrasaka.*
Therapeutics: It is similar to *tuttha* (copper sulphate).

7.29.1: *Kāśīsa*-Ferrous sulphate

काशीसंधातुकाशीसंपांशुकाशीसमित्यपि |
तदेवकिञ्चित्पीतंतुपुष्पकाशीसमुच्यते ||१३६||
काशीसमम्लमुष्णंचतिक्तञ्चतुवरंतथा |
वातश्लेष्महरंकेश्यंनेत्रकण्डूविषप्रणुत् |
मूत्रकृच्छ्राश्मरीश्वित्रनाशनंपरिकीर्तितम् ||१३७||

Synonyms: *Dhātukāśīsa* and *pāṁśukāśīsa.*
***Rasa* (Taste):** *Amla* (sour), *tikta* (bitter) and *kśāya* (astringent).
Guṇa* (Property):Snigdha* (unctuous).
Vīrya* (Potency):Ūśana* (hot).
Effect on *Tridōśa*: Pacifies *vāta* and *kapha*.
Therapeutics: Itching in the eyes, poisoning, dysuria, calculus and leucoderma.

7.29.2: *Puśpakāśīsa*

It is *kāśīsa*with slight yellow color.

7.30: *Saurāṣṭrī*-Fuller's earth

सौराष्ट्रीतुवरीकांक्षीमृत्तालकसुराष्ट्रजे |

आढकीचापिसाख्यातामृत्स्नाचसुरमृत्तिका ।
स्फटिकायागुणाःसर्वेसौराष्ट्र्याअपिकीर्तिताः ॥१३८॥

Synonyms: *Tuvarī, kāṁkṣī, mṛttālaka, surāṣṭraja, āḍhakī, sākhyātā, mṛtsnā* and *suramṛttikā.*
Rasa **(Taste):** *Kśāya* (astringent).
Vīrya **(Potency):***Ūśana* (hot).
Effect on *Tridōśa*: Pacifies *vāta*, *pitta* and *kapha*.
Therapeutics: Ulcer, leucoderma and erysipelas.

7.31: *Kṛṣṇamṛttikā*

मृन्मृदामृत्तिकामृत्स्नाक्षेत्रजाकृष्णमृत्तिका ।
कृष्णमृत्क्षतदाहास्रप्रदरश्लेष्मपित्तनुत् ॥१३९॥

Synonyms: *Mṛnmṛdā, mṛttikā, mṛtsnā* and *kṣētrajā.*
Effect on *Tridōśa*: Pacifies *pitta* and *kapha*.
Therapeutics: Phthisis, burning sensation, diseases of the blood and menorrhagia.

7.32: *Kardama*

पङ्कस्तुजलकल्कश्चचुलुकःकर्दमोमलः ।
चिकिलःपलितोद्रापःपललश्चनिषद्वरः ।
कर्दमोदाहपित्तार्तिशोथघ्नःशीतलःसरः ॥१४०॥

Synonyms: *Paṅka, jalakalka, culuka, kardama, mala, cikila, palita, drāpa, palala* and *niṣadvara.*
Vīrya **(Potency):***Śīta* (cold).
Effect on *Tridōśa*: Pacifies *pitta*.
Action: Laxative.
Therapeutics: Burning sensation, blood diseases and edema

7.33: *Bōla-Commiphora myrrha* (Nees) Engl.(Burseraceae)

बोलगन्धरसप्राणपिण्डगोपरसाःसमाः ।
बोलंरक्तहरंशीतंमेध्यंदीपनपाचनम् ।
मधुरंकटुतिक्तंचदाहस्वेदत्रिदोषजित् ।
ज्वरापस्मारकुष्ठघ्नंगर्भाशयविशुद्धिकृत् ॥१४१॥

Synonyms: *Gandhara, prāṇapiṇḍa* and *gōparasā.*
***Rasa* (Taste):** *Madhura* (sweet), *tikta* (bitter) and *kaṭu* (pungent).
***Guṇa* (Property):** *Laghu* (light).
Vīrya* (Potency):Śīta* (cold).
Effect on *Tridōśa*: Pacifies *vāta*, *pitta* and *kapha*.
Action: Appetizer.
Therapeutics: Blood diseases, burning sensation, hyperhidrosis, fever, epilepsy and skin diseases.

7.34.1: *Kaṅkuṣṭha*

हिमवत्पादशिखरेकङ्कुष्ठमुपजायते ।
तत्रैकंरक्तकालंस्यात्तदन्यदण्डकंस्मृतम् ।
पीतप्रभंगुरुस्निग्धंश्रेष्ठंकङ्कुष्ठमादिशेत् ।
श्यामंपीतंलघुत्यक्तसत्त्वंनेष्टंतथाण्डकम् ॥१४२॥
कङ्कुष्ठंकाककुष्ठंचविरङ्गंकोलकाकुलम् ।
कङ्कुष्ठंरेचनंतिक्तंकटूष्णंवर्णकारकम् ।
कृमिशोथोदराध्मानगुल्मानाहकफापहम् ॥१४३॥

Origin: *Kaṅkuṣṭha* originates from mountains near Himalayas.
Types: 1. *Raktakāla* and 2. *Aṇḍaka*.

7.34.2: *Raktakāla*

Color: Yellow.
***Guṇa* (Property):** *Gurū* (heavy) and *snigdha* (unctuous).
Note: *Raktakāla* is considered to be the best type of *kaṅkuṣṭha.*

7.34.3: *Aṇḍaka*

Color: Pale yellow.
***Guṇa* (Property):** *Laghu* (light).
Note: *Aṇḍaka* is considered to be the less potent.

7.34.4: Synonyms and properties of *Kaṅkuṣṭha*

Synonyms: *Kākakuṣṭha, viraṅga* and *kōlakākula.*
***Rasa* (Taste):** *Tikta* (bitter) and *kaṭu*(pungent).
Vīrya* (Potency):Ūśana* (hot).
Effect on *Tridōśa*: Pacifies kapha.
Action: Laxative and alterative.
Therapeutics: Worm infestation, edema, abdominal diseases, flatulence, and abdominal tumor.

7.35.1: *Ratna*

धनार्थिनोजनाःसर्वेरमन्तेऽस्मिन्नतीवयत् ।
ततोरत्नमितिप्रोक्तंशब्दशास्त्रविशारदैः ॥१४४॥
रत्नंक्लीबेमणिःपुंसिस्त्रियामपिनिगद्यते ।
तत्तुपाषाणभेदोऽस्तिमुक्तादिचतदुच्यते ॥१४५॥
रत्नंगारुत्मतंपुष्परागोमाणिक्यमेवच ।
इन्द्रनीलश्चगोमेदस्तथावैदूर्यमित्यपि ।
मौक्तिकंविद्रुमश्चेतिरत्नान्युक्तानिवैनव ॥१४६॥
मुक्ताफलंहीरकंचवैडूर्यपद्मरागकम् ।
पुष्परागंचगोमेदंनीलंगारुत्मतंतथा ।

प्रवालयुक्तान्येतानिमहारत्नानिवैनव ||१४७||

Ratna signifies euphoria which the people having *rataa* possess.

7.35.2: Synonymsof *Ratna*

Maṇi.

7.35.3: Numberof *Ratna*

Gārutmata, puṣparāga, māṇikya, indranīla, gōmēda, vaidūrya, mauktika and *vidruma*.

7.35.4: Numberof *Ratna* according to *Vishnudharamutra*

Muktāphala, hīraka, vaidūrya, padmarāga, puṣparāga, gōmēda, nīla, gārutmata and *pravāla*.

7.35.5.1: *Hīraka*-Diamond

हीरकःपुंसिवज्रोऽस्त्रीचन्द्रोमणिवरश्चसः |
सतुश्वेतःस्मृतोविप्रोलोहितःक्षत्रियःस्मृतः |
पीतोवैश्योऽसितःशूद्रश्चतुर्वर्णात्मकश्चसः ||१४८||
रसायनेमतोविप्रःसर्वसिद्धिप्रदायकः |
क्षत्रियोव्याधिविध्वंसीजरामृत्युहरःस्मृतः ||१४९||
वैश्योधनप्रदःप्रोक्तस्तथादेहस्यदार्ढ्यकृत् |
शूद्रोनाशयतिव्याधीन्वयःस्तम्भंकरोतिच ||१५०||
पुंस्त्रीनपुंसकानीहलक्षणीयानिलक्षणैः |
सुवृत्ताःफलसम्पूर्णास्तेजोयुक्ताबहुत्तराः ||१५१||
पुरुषास्तेसमाख्यातारेखाबिन्दुविवर्जिताः |
रेखाबिन्दुसमायुक्ताःषडस्रास्तेस्त्रियःस्मृता ||१५२||
त्रिकोणाश्चसुदीर्घास्तेविज्ञेयाश्चनपुंसकाः |

तेषुस्युःपुरुषाःश्रेष्ठारसबन्धनकारिणः ||१५३||
स्त्रियःकुर्वन्तिकायस्यकान्तिंस्त्रीणांसुखप्रदाः |
नपुंसकास्त्ववीर्याःस्युरकामाःसत्त्ववर्जिताः ||१५४||
स्त्रियःस्त्रीभ्यःप्रदातव्याःक्लीबंक्लीबेप्रयोजयेत् |
सर्वेभ्यःसर्वदादेयाःपुरुषावीर्यवर्धना ||१५५||
अशुद्धंकुरुतेवज्रंकुष्ठंपार्श्वव्यथांतथा |
पाण्डुतांपङ्गुलत्वंचतस्मात्संशोध्यमारयेत् ||१५६||

Synonyms:*Puṁsi, vajra, strī, candra* and *maṇivara.*

7.35.5.2: Typesof *Hīraka*

1. *Brāhmaṇa* is white colored.
2. *Kṣatriya* is of red color.
3. *Vaiśya* is of yellow color.
4. *Śūdra* is of black color.

7.35.5.3: Properties of typesof *Hīraka*

1. *Brāhmaṇa* is used for tonic action.
2. *Kṣatriya* is used for preventing age and death.
3. *Vaiśya* is used for improving body strength.
4. *Śūdra* helps in alleviating disease and marinating optimal heath.

7.35.5.4: Other typesof *Hīraka*

1. *Puruṣā* is round, glittering, massive and devoid of lines and spots.
2. *Stri* is rounding, glittering, massive and contains lines and spots.
3. *Napuṁsaka* is triangular and lengthier.

7.35.5.4: Faults of impure *Hīraka*

If *hīraka* is not purified according to proper method it can lead to

1. Skin diseases.

2. Pain in the ribs.
3. Anemia.
4. Paralysis.

7.35.5.5: *Māritavajra* (Properties of Ash of *Hīraka*)

आयुःपुष्टिंबलंवीर्यंवर्णसौख्यंकरोतिच।
सेवितंसर्वरोगघ्नंमृतंवज्रंनसंशयः ॥१५७॥

Tonic, aphrodisiac, alterative and cures all diseases.

7.36: *Garutamata*-Emerald

गारुत्मतंमरकतमश्मगर्भोहरिन्मणिः ॥१५८॥

Synonyms: *Marakata, aśmagarbha* and *harinmaṇi.*

7.37: *Māṇikya*-Ruby

माणिक्यंपद्मरागःस्याच्छोणरत्नञ्चलोहितम् ॥१५९॥

Synonyms: *Padmarāga, chōṇaratna* and *lōhita.*

7.38: *Puṣparāga*-Topaz

पुष्परागोमञ्जुमणिःस्याद्वाचस्पतिवल्लभः ॥१६०॥

Synonyms: *Manjumani* and *Vatchaspativallabha.*

7.39: *Nīla*-Sapphire

नीलंतथेन्द्रनीलञ्चगोमेदःपीतरत्नकम् ॥१६१॥

Synonym: *Indranīla.*

7.40:*Gōmēda*-Cinnamon stone

Synonym:*Pītaratnaka.*

7.41: *Vadūrya*-Cat's eye

वैदूर्यंदूरजंरत्नंस्यात्केतुग्रहवल्लभम् ||१६२||

Synonyms: *Dūraja, ratna* and *kētugrahavallabha.*

7.42: *Mauktika*-Pearl

मौक्तिकंशौक्तिकंमुक्तातथामुक्ताफलञ्चतत् |
शुक्तिःशङ्खोगजक्रोडःफणीमत्स्यश्चदर्दुरः |
वेणुरेतेसमाख्यातास्तज्ज्ञैर्मौक्तिकयोनयः |
मौक्तिकंशीतलंवृष्यंचक्षुष्यंबलपुष्टिदम् ||१६३||

Synonyms: *Śauktika, muktā* and *muktāphala.*
Vīrya* (Potency):Śīta* (Cold).
Action: Tonic, aphrodisiac and nutritive.
Therapeutics: Eye diseases.

7.43: *Pravāla*-Coral

पुंसिक्लीबेप्रवालःस्यात्पुमानेवतुविद्रुमः ||१६४||

Synonyms: *Vidruma.*

7.44: Properties of *Ratna*

रत्नानिभक्षितानिस्युर्मधुराणिसराणिच |
चक्षुष्याणिचशीतानिविषघ्नानिमृतानिच |

मङ्गल्यानिमनोज्ञानिग्रहदोषहराणिच ॥१६५॥
माणिक्यंतरणेःसुजातममलंमुक्ताफलंशीतगोर्माहेयस्यतुविद्रुमोनिगदितःसौम्यस्यगारुत्मतम्।
देवेज्यस्यचपुष्परागमसुराचार्यस्यवज्रंशनेर्नीलंनिर्मलमन्ययोर्निगदितेगोमेदवैदूर्यके ॥१६६॥

***Rasa* (Taste):** *Madhura* (Sweet).
Vīrya* (Potency):Śīta* (Cold).
Action: Laxative.
Therapeutics: Eye diseases, poisoning and microbial infections.

7.45.1: *Upratna*- Semi precious stones

उपरत्नानिकाचश्चकर्पूराश्मातथैवच।
मुक्ताशुक्तिस्तथाशङ्खइत्यादीनिबहून्यपि ॥१६७॥
गुणायथैवरत्नानामुपरत्नेषुतेतथा।
किन्तुकिञ्चित्ततोहीनाविशेषोऽयमुदाहृतः ॥१६८॥

Kāca, karpūrāśmā, muktāśukti and *śaṅkha.*

7.45.2:Properties of *Upratna*

The properties of *upratna* are similar to *ratna*.

7.46.1: Synonyms of *Viṣa* (Poison)

Garala and *kṣvēḍa.*

7.46.2: Number of *Viṣa*

विषंतुगरलःक्ष्वेडस्तस्यभेदानुदाहरेत्।
वत्सनाभःसहारिद्रःसक्तुकश्चप्रदीपनः।
सौराष्ट्रिकःशृङ्गिकश्चकालकूटस्तथैवच।
हालाहलोब्रह्मपुत्रोविषभेदाअमीनव ॥१६९॥

1. *Vatsanābha*. 2. *Hāridra*. 3. *Saktuka*. 4. *Pradīpana*. 5. *Saurāṣṭrika*. 6. *Śṛṅgika*. 7. *Kālakūṭa*. 8. *Hālāhala* and 9. *Brahmaputra*.

7.46.3:*Vatsanābha-Aconitum ferox* Wall. ex Ser.(Ranunuculaceae)

सिन्दुवारसदृक्पत्रोवत्सनाभ्याकृतिस्तथा।
यत्पार्श्वेनतरोर्वृद्धिर्वत्सनाभःसभाषितः ॥१७०॥

Description: The leaves of the plant resemble with leaves of *sinduvāra* (*Vitex trifolia*) and in shape the leaves resembles with calf's umbilicus. Other plants growing in vicinity to *vatsanābha* do not flourish.

7.46.4:*Hāridra*

हरिद्रातुल्यमूलोयोहारिद्रःसउदाहृतः ॥१७१॥

Description: The roots of *hāridra* resembles with roots of *haridrā* (*Curcuma longa*).

7.46.5:*Saktuka*

यद्ग्रन्थिःसक्तुकेनैवपूर्णमध्यःससक्तुकः ॥१७२॥

Description: The nodules of this plant are full of powder (similar to *Saktu*).

7.46.6:*Pradīpana*

वर्णतोलोहितोयःस्याद्दीप्तिमान्दहनप्रभः।
महादाहकरःपूर्वैःकथितःसप्रदीपनः ॥१७३॥

Description: This plat is red in colour, having glistering appearance and produces irritation.

7.46.7:*Saurāṣṭrika*

सुराष्ट्रविषयेयःस्यात्ससौराष्ट्रिकउच्यते ||१७४||

Description: *Saurāṣṭrika* grows in *Saurāṣṭra*.

7.46.8:*Śṛṅgika-Aconitum chasmanthum* Stapf ex Holmes(Ranunuculaceae)

यस्मिन्गोशृङ्गकेबद्धेदुग्धंभवतिलोहितम्।
सशृङ्गिकइतिप्रोक्तोद्रव्यतत्त्वविशारदैः ||१७५||

Description: *Śṛṅgika* when tied to cow' horn results in red colour of the milk.

7.46.9:*Kālakūṭa*

देवासुररणेदेवैर्हतस्यपृथुमालिनः।
दैत्यस्यरुधिराज्जातस्तरुरश्वत्थसन्निभः ||१७६||
निर्यासःकालकूटोऽस्यमुनिभिःपरिकीर्तितः।
सोऽहिक्षेत्रेशृङ्गवेरेकोङ्कणेमलयेभवेत् ||१७७||

Description: During the war between the lords and demons, when *Pṛthumāli* demon was killed by lords. The blood of the demon resulted in *aśvattha* like tree. The gum obtained from this plant is known as *kālakūṭa*. It is distributed in *Ahikṣētra, Kōṅkaṇa* and *Malaya*.

7.46.10:*Hālāhala*

गोस्तनाभफलोगुच्छस्तालपत्रच्छदस्तथा।
तेजसायस्यदह्यन्तेसमीपस्थाद्रुमादयः ||१७८||
असौहालाहलोज्ञेयःकिष्किन्धायांहिमालये।
दक्षिणाब्धितटेदेशेकोङ्कणेऽपिचजायते ||१७९||

Description: The bunch of fruits of this plant resembles with bunch of fruits of *gōstanā* (*Vitis vinifera*). The leaves are similar to leaves of *tāla*. It is distributed in *Kiṣkindhā*, *Himalāya*, eastern sea shores and *Kōṅkaṇa*.

7.46.11:*Brahmaputra*

वर्णतःकपिलोयःस्यात्तथाभवतिसारतः ।
ब्रह्मपुत्रःसविज्ञेयोजायतेमलयाचले ॥१८०॥

Description: It is of black colour.It is distributed in *Malayācala.*

7.46.12: Types of *Viṣa*

ब्राह्मणःपाण्डुरस्तेषुक्षत्रियोलोहितप्रभः ।
वैश्यःपीतोऽसितःशूद्रोविषउक्तश्चतुर्विधः ॥१८१॥
रसायनेविषंविप्रंक्षत्रियंदेहपुष्टये ।
वैश्यंकुष्ठविनाशायशूद्रंदद्याद्वधायहि ॥१८२॥

1. *Brāhmaṇa*: It is white coloured.
2. *Kṣatriya*: It is of red colour.
3. *Vaiśya*: It is of yellow colour.
4. *Śūdra*: It is of black colour.

7.46.13: Types of *Viṣa*

1. *Brāhmaṇa*: It is used for tonic action.
2. *Kṣatriya*: It is of nutritive purpose colour.
3. *Vaiśya*: It is used as antidote to poisoning.
4. *Śūdra*: It is used for killing.

7.46.14: Properties of *Viṣa*

विषंप्राणहरंप्रोक्तंव्यवायिचविकाशिच ।
आग्नेयंवातकफहृद्योगवाहिमदावहम् ॥१८३॥

Prāṇahara (lethal to life), *vyavāyi* (gets distributed in body quickly), *vikāśi* (destroys immunity) *āgnēya* (hot potency),alleviates *vāta* and *kapha*, *yōgavāhi* (bioenhancer) and *madāvaha* (narcotic).

7.46.15: Properties of purified *Viṣa*

तदेवयुक्तियुक्तंतुप्राणदायिरसायनम् ।
योगवाहित्रिदोषघ्नंबृंहणंवीर्यवर्धनम् ॥१८४॥
येदुर्गुणाविषेऽशुद्धेतेस्युर्हीनाविशोधनात् ।
तस्माद्विषंप्रयोगेषुशोधयित्वाप्रयोजयेत् ॥१८५॥

Poison if purified properly acts as tonic, *yōgavāhi* (bioenhancer), pacifies *vāta*, *pitta* and *kapha*, spermopiotic and nutritive.

7.46.16: Requirement of purification of *Viṣa*

Poison if purified properly then the poisonous effect is decreased to some extent. Hence they should be purified properly.

7.47: Upvisha (Sub-poisons)

अर्कक्षीरंस्नुहीक्षीरंलाङ्गलीकरवीरकः ।
गुञ्जाऽहिफेनोधत्तूरःसप्तोपविषजातयः ॥१८६॥

1. *Arkakṣīraṁ* or latex of *Arka* (*Calotropis procera*).
2. *Snuhīkṣīra* or or latex of Snuhi (*Euphorbia antiquorum*).
3. *Lāṅgalī* (*Gloriosa superba*).
4. *Karavīraka* (*Nerium odorum*).
5. *Guñjā* (*Abrus precatorius*).
6. *Ahiphēna* (*Ppaver somniferum*).
7. *Dhattūra* (*Datura stramonium*).

Chapter-8: *Dhānyavarga*

8.1: *Dhānyabhēda*-Varieties of *Dhānya*

शालिधान्यंव्रीहिधान्यंशूकधान्यंतृतीयकम् |
शिम्बीधान्यंक्षुद्रधान्यमित्युक्तंधान्यपञ्चकम् ||१||

1. *Śālidhānya*. 2. *Vrīhidhānya*. 3. *Śūkadhānya*. 4. *Śimbīdhānya*. 5. *Kṣudradhānya*.

8.2: *Śālyādidhānyabhēda*-Varieties of *Śālidhānya*

शालयोरक्तशाल्याद्याव्रीहयःषष्टिकादयः |
यवादिकंशूकधान्यंमुद्गाद्यंशिम्बिधान्यकम् |
कङ्ग्वादिकंक्षुद्रधान्यंतृणधान्यञ्चतत्स्मृतम् ||२||

1. *Śālidhānya* (*Raktaśālī*).
2. *Vrīhidhānya* (*Ṣaṣṭikā*).
3. *Śūkadhānya* (*Yava*).
4. *Śimbīdhānya* (*Mudgā*)
5. *Kṣudradhānya* (*Kaṅguni*).

8.3.1: *Śālidhānya*

कण्डनेनविनाशुक्लाहैमन्ताःशालयःस्मृताः ||३||

Śālidhānyalakṣaṇa: Without smashing they are white and grow in *Haimanta*.

8.3.2: *Jātibhēdēna śālināma*: Names of various species of *Śālidhānya*

Raktaśāli, sakalama, pāṇḍuka, śakunāhṛta, sugandhaka, kardamaka, mahāśāli, dūṣaka, puṣpāṇḍaka, puṇḍarīka, mahiṣamastaka, dīrghaśūka, kāñcanaka, hāyana and *lōdhrapuṣpaka*.

There are several varieties of *śāli,* which are found in various countries. These are not being discussed in detail keeping in mind the length of the book.

8.3.3: *Śāliguṇa*-Properties of *Śālidhānya*

शालयोमधुराःस्निग्धाबल्याबद्धाल्पवर्चसः ।
कषायालघवोरुच्याःस्वर्यावृष्याश्चबृंहणाः ॥७॥
अल्पानिलकफाःशीताःपित्तघ्नामूत्रलास्तथा ।
शालयोदग्धमृज्जाताःकषायालघुपाकिनः ॥८॥
सृष्टमूत्रपुरीषाश्चरूक्षाःश्लेष्मापकर्षणाः ।
कैदारावातपित्तघ्नागुरवःकफशुक्रलाः ।
कषायाश्चाल्पवर्चस्कामेध्याश्चैवबलावहाः ॥९॥
स्थलजाःस्वादवःपित्तकफघ्नावातपित्तदाः ।
किञ्चित्तिक्ताःकषायाश्चविपाकेकटुकाअपि ॥१०॥
वापितामधुरावृष्याबल्याःपित्तप्रणाशनाः ।
श्लेष्मलाश्चाल्पवर्चस्काःकषायागुरवोहिमाः ॥११॥
वापितेभ्योगुणैःकिञ्चिद्धीनाःप्रोक्ताअवापित्ताः ।
रोपितास्तुनवावृष्याःपुराणालघवःस्मृताः ॥१२॥
येभ्यस्तुरोपिताभूयःशीघ्रपाकागुणाधिकाः ।
छिन्नरूढाहिमारूक्षाबल्याःपित्तकफापहाः ।
बद्धविट्‌काःकषायाश्चलघवश्चाल्पतिक्तकाः ॥१३॥

***Rasa* (Taste):** *Madhura* (sweet) and *kśāya* (astringent).
***Guṇa* (Physical property):** *Laghu* (light) and *snigdha* (unctuous).
Effect on *Tridōśa*: Aggravates *kapha* and *vāta* but pacifies *pitta*.
Action (s): Tonic, appetizer, nutritive, aphrodisiac and diuretic.
Therapeutics: Hoarseness of voice.

8.3.4: *Śāli* obtained from land having burnt soil

***Rasa* (Taste):** *Kśāya* (astringent).
***Guṇa* (Physical property):** *Laghu* (Light) and *rūkśa* (ununctuous).

Effect on *Tridōśa*: Pacifies *kapha*.
Action (s): Diuretic.
Therapeutics: Hoarseness of voice and diarrhea.

8.3.5: *Śāli* obtained from plough field

***Rasa* (Taste):** *Kśāya* (astringent).
***Guṇa* (Physical property):** *Gurū* (heavy).
Effect on *Tridōśa*: Pacifies *vāta* and *pitta* but aggravates *kapha*.
Action (s): Tonic, spermopiotic and nootropic.

8.3.6: *Śāli* obtained from non plough field

***Rasa* (Taste):** *Madhura* (sweet), *tikta* (bitter) and *kśāya* (astringent).
***Guṇa* (Physical property):** *Gurū* (heavy).
Vipāka* (Post digestion effect):Kaṭu* (pungent).
Effect on *Tridōśa*: Pacifies *pitta* and *kapha* but aggravates *vāta*.
Action (s): Appetizer.

8.3.7: *Śāli* grown from seeds

***Rasa* (Taste):** *Madhura* (sweet) and *kśāya* (astringent).
***Guṇa* (Physical property):** *Gurū* (heavy).
***Vīrya* (Potency):** *Śīta* (cold).
Effect on *Tridōśa*: Pacifies *pitta* but aggravates *kapha*.
Action (s): Spermopiotic and tonic.

8.3.8: *Śāli* obtained from wild source

These are inferior as compared to *śāli*grown from seeds.

8.3.9: Properties of new and old *Śāli*

New are spermopiotic and old *laghu* (light).

8.3.10: Properties of *Śāli* growing after harvesting

***Rasa* (Taste):** *Kśāya* (Astringent) and *tikta* (bitter).
***Guṇa* (Physical property):** *Laghu* (Light) and *rūkśa* (ununctuous).
***Vīrya* (Potency):** *Śīta* (cold).
Effect on *Tridōśa*: Pacifies *pitta* and *kapha*.
Action (s): Mild laxative and diuretic.
Therapeutics: Diarrhea.

8.3.11: *Raktaśāli*

रक्तशालिर्वरस्तेषुबल्योवर्ण्यस्त्रिदोषजित् ।
चक्षुष्योमूत्रलःस्वर्यःशुक्रलस्तृड्ज्वरापहः ॥१४॥
विषव्रणश्वासकासदाहनुद्वह्निपुष्टिदः ।
तस्मादल्पान्तरगुणाःशालयोमहदादयः ॥१५॥

***Rasa* (Taste):** *Kśāya* (Astringent) and *tikta* (bitter).
***Guṇa* (Physical property):** *Laghu* (Light) and *rūkśa* (ununctuous).
***Vīrya* (Potency):** *Śīta* (cold).
Effect on *Tridōśa*: Pacifies *vāta*, *pitta* and *kapha*.
Action (s): Eye-tonic, diuretic, appetizer and spermopiotic.
Therapeutics: Excessive thirst, fever, poisoning, ulcer, asthma, cough and burning sensation.
Note: *Raktaśāli* is considered to be the best among all varieties of *śāli*.

8.3.12.1: *Vrīhī*

वार्षिकाःकण्डिताःशुक्लाव्रीहयश्चिरपाकिनः ।
कृष्णव्रीहिःपाटलश्चकुक्कुटाण्डकइत्यपि ॥१६॥
शालामुखोजतुमुखइत्याद्याव्रीहयःस्मृताः ।
कृष्णव्रीहिःसविज्ञेयोयत्कृष्णतुषतण्डुलः ॥१७॥
पाटलःपाटलापुष्पवर्णकोव्रीहिरुच्यते ।
कुक्कुटाण्डाकृतिर्व्रीहिःकुक्कुटाण्डकउच्यते ॥१८॥

शालामुखःकृष्णशूकःकृष्णतण्डुलउच्यते ।
लाक्षावर्णमुखंयस्यज्ञेयोजतुमुखस्तुसः ॥१९॥
व्रीहयःकथिताःपाकेमधुरावीर्यतोहिमाः ।
अल्पाभिष्यन्दिनोबद्धवर्चस्काःषष्टिकैःसमाः ।
कृष्णव्रीहिर्वरस्तेषांतस्मादल्पगुणाःपरे ॥२०॥

Vrīhī is harvested in the rainy season. When subjected to sifting in a mortar, *vrīhī* become white and ripe after some time.

8.3.12.2: Types of *Vrīhī*

1. *Kṛṣṇavrīhi:* The *vrīhi* and husk is of black color.
2. *Pāṭala:* Color of this variety is similar to *Pātalā* (*Stereospermumsuovlens*).
3. *Kukkuṭāṇḍaka:* The size of this variety is similar to cock's egg.
4. *Śālāmukhō:* The *vrīhi* and husk is of black color.
5. *Jatumukha*: This variety is of red color similar to *lākṣā* (*Coculus laccifera*).

8.3.12.3: Properties of *Vrīhī*

***Rasa* (Taste):** *Madhura* (sweet).
***Guṇa* (Physical property):** *Abhiśyandi*.
***Vīrya* (Potency):** *Śīta* (cold).
Vipāka* (Post digestion effect):Madhura* (sweet).
Effect on *Tridōśa*: Pacifies *pitta* and *kapha*.
Action (s): Similar to *ṣaṣṭika*.
Note: Among all the varieties, *kṛṣṇavrīhi* is considered to be the best.

8.3.12.4: *Ṣaṣṭika*

गर्भस्थाएवयेपाकंयान्तितेषष्टिकामताः ।
षष्टिकःशतपुष्पश्चप्रमोदकमुकुन्दकौ ।
महाषष्टिकइत्याद्याःषष्टिकाःसमुदाहृताः ।
एतेऽपिव्रीहयःप्रोक्ताव्रीहिलक्षणदर्शनात् ॥२१॥
षष्टिकामधुराशीतालघवोबद्धवर्चसः ।

वातपित्तप्रशमनाःशालिभिःसद्दशागुणैः ||२२||
षष्टिकाप्रवरातेषांलघ्वीस्निग्धात्रिदोषजित् |
स्वाद्वीमृद्वीग्राहिणीचबलदाज्वरहारिणी |
रक्तशालिगुणैस्तुल्याततःस्वल्पगुणाःपरे ||२३||

The germination of *ṣaṣṭika* takes place within the ovule.

8.3.12.5: Types of *Ṣaṣṭika*

1. *Ṣaṣṭika.*
2. *Śatapuṣpa.*
3. *Pramōdaka.*
4. *Mukundaka.*
5. *Mahāṣaṣṭika.*

8.3.12.6: Properties of *Ṣaṣṭika*

***Rasa* (Taste):** *Madhura* (Sweet).
***Guṇa* (Physical property):** *Laghu* (Light).
***Vīrya* (Potency):** *Śīta* (cold).
Effect on *Tridōśa*: Pacifies *vāta* and *pitta*.
Action (s): Tonic, appetizer, nutritive, aphrodisiac and diuretic.
Therapeutics: Hoarseness of voice.

8.3.12.7: Properties of *Ṣaṣṭika* variety of *Ṣaṣṭika*

***Rasa* (Taste):** *Madhura* (Sweet).
***Guṇa* (Physical property):** *Laghu* (light), *mṛdu* (soft) and *snigdha* (unctuous).
***Vīrya* (Potency):** *Śīta* (cold).
Effect on *Tridōśa*: Pacifies *vāta* and *pitta*.
Action (s): Alterative, tonic, diuretic, appetizer and spermopiotic.
Therapeutics: Excessive thirst, fever, poisoning, ulcer, asthma, cough and burning sensation.

8.4.1: *Śūkadhānya* including *Yava*

यवस्तुसितशूकःस्यान्निःशूकोऽतियवःस्मृतः |
तोक्यस्तद्वत्सहरितस्ततःस्वल्पश्चकीर्तितः ||२४||
यवःकषायोमधुरःशीतलोलेखनोमृदुः |
व्रणेषुतिलवत्पथ्योरूक्षोमेधाग्निवर्द्धनः ||२५||
कटुपाकोऽनभिष्यन्दीस्वर्योबलकरोगुरुः |
बहुवातमलोवर्णस्थैर्यकारीचपिच्छिलः ||२६||
कण्ठत्वगामयश्लेष्मपित्तमेदःप्रणाशनः |
पीनसश्वासकासोरुस्तम्भलोहिततृट्प्रणुत् |
अस्मादतियवोन्यूनस्तोक्योन्यूनतरस्ततः ||२७||

Yava: It has white *śūka*.
Atiyava: It does not contain *śūka*.
Tōkaya: Like *atiyava* it does not contain *śūka* and is of green color.

8.4.2: Properties of *Yava- Hordeum vulgare* L. (Poaceae)

***Rasa* (Taste):** *Madhura* (sweet) and *kśāya* (astringent).
***Guṇa* (Physical property):** *Laghu* (light), *abhiśyandi*, *picila* and *rūkśa* (unundtuous).
***Vīrya* (Potency):** *Śīta* (cold).
***Vipāka* (Post digestion effect):** *Kaṭu* (pungent).
Effect on *Tridōśa*: Pacifies *kapha* and *pitta* but aggravates *vāta*.
Action (s): Nootropic, tonic, appetizer and alterative.
Therapeutics: Diseases of the throat, ulcer, skin diseases, obesity, rhinitis, asthma, cough, blood diseases and excessive thirst.
Note: *Atiyava* and *Tōkaya* have fewer properties as compared to *Yava*.

8.4.3: Properties of *Atiyava*-A sort of barley

***Rasa* (Taste):** *Madhura* (sweet) and *kśāya* (astringent).
***Guṇa* (Physical property):** *Laghu* (light), *abhiśyandi*, *picila* and *rūkśa* (unundtuous).
***Vīrya* (Potency):** *Śīta* (cold).
***Vipāka* (Post digestion effect):** *Kaṭu* (pungent).

Effect on *Tridōśa*: Pacifies *kapha* and *pitta* but aggravates *vāta*.
Action (s): Nootropic, tonic, appetizer and alterative.
Therapeutics: Diseases of the throat, ulcer, skin diseases, obesity, rhinitis, asthma, cough, blood diseases and excessive thirst.

8.4.4: Properties *Tōkaya*-A sort of barley

***Rasa* (Taste):** *Madhura* (sweet) and *kśāya* (astringent).
***Guṇa* (Physical property):** *Laghu* (light), *abhiśyandi*, *picila* and *rūkśa* (ununctuous).
***Vīrya* (Potency):** *Śīta* (cold).
***Vipāka* (Post digestion effect):** *Kaṭu* (pungent).
Effect on *Tridōśa*: Pacifies *kapha* and *pitta* but aggravates *vāta*.
Action (s): Nootropic, tonic, appetizer and alterative.
Therapeutics: Diseases of the throat, ulcer, skin diseases, obesity, rhinitis, asthma, cough, blood diseases and excessive thirst.

8.5.1: *Gōdhūma-Trictium vulgare* Vill. (Poaceae)

गोधूमःसुमनोऽपिस्यात्त्रिविधःसचकीर्तितः ।
महागोधूमइत्याख्यःपश्चाद्देशात्समागतः ।
मधूलीतुततःकिञ्चिदल्पासमध्यदेशजा ।
निश्शूकोदीर्घगोधूमःक्वचिन्नन्दीमुखाभिधः ॥२८॥
गोधूमोमधुरःशीतोवातपित्तहरोगुरुः ।
कफशुक्रप्रदोबल्यःस्निग्धःसन्धानकृत्सरः ॥२९॥
जीवनोबृंहणोवर्ण्योव्रण्योरुच्यःस्थिरत्वकृत् ।
पुराणयवगोधूमक्षौद्रजाङ्गलशूलभाक् ॥३०॥
मधूलीशीतलास्निग्धापित्तघ्नीमधुरालघुः ।
शुक्रलाबृंहणीपथ्यातद्वन्नन्दीमुखःस्मृतः ॥३१॥

Synonym: *Sumana*.

8.5.2: Types of *Gōdhūma*

1. *Mahāgōdhūma* is found in Western India.
2. *Madhūlī* is small as compared to *mahāgōdhūma* and found in Central India.
3. *Dīrghagōdhūma*: It is without *śūka* and also known as *nandīmukhā*.

8.5.3: Properties of *Gōdhūma*

Rasa (Taste): *Madhura* (sweet).
***Guṇa* (Physical property):** *Laghu* (light), *abhiśyandi*, *picila* and *rūkśa* (ununctuous).
***Vīrya* (Potency):** *Śīta* (cold).
***Vipāka* (Post digestion effect):** *Kaṭu* (pungent).
Effect on *Tridōśa*: Pacifies *vāta* and *pitta* but aggravates *kapha*.
Action (s): Spermopiotic, tonic, appetizer, alterative and laxative.
Therapeutics: Fractures and ulcer.

8.5.4: Properties of *Madhūlī-Eleusine coracana* Gaertn.(Poaceae)

Rasa (Taste): *Madhura* (sweet).
***Guṇa* (Physical property):** *Laghu* (Light) and *snigdha* (unctuous).
***Vīrya* (Potency):** *Śīta* (cold).
Action (s): Spermopiotic and tonic.

8.5.5: Properties of *Dīrghagōdhūma* (*Nandīmukhā*)

Rasa (Taste): *Madhura* (sweet).
***Guṇa* (Physical property):** *Laghu* (Light) and *snigdha* (unctuous).
***Vīrya* (Potency):** *Śīta* (cold).
Action (s): Spermopiotic and tonic.

8.6.1: *Śimbīdhānya*

शमीजाःशिम्बिजाःशिम्बीभवाःसूर्प्याश्चवैदलाः।
वैदलामधुरारूक्षाःकषायाःकटुपाकिनः।

वातलाःकफपित्तघ्नबद्धमूत्रमलाहिमाः |
ऋतेमुद्गमसूराभ्यामन्येत्वाध्मानकारिणः ||३२||

Synonyms: *Śamījā, śimbijā, śimbībhavā, sūrpyā* and *vaidalā.*

8.6.2: Properties of*Śimbīdhānya*

***Rasa* (Taste):** *Madhura* (sweet) and *kśāya* (astringent).
***Guṇa* (Physical property):** *Rūkśa* (ununctuous).
***Vīrya* (Potency):** *Śīta* (cold).
***Vipāka* (Post digestion effect):** *Kaṭu* (pungent).
Effect on *Tridōśa*: Pacifies *kapha* and *pitta* but aggravates *vāta*.
Action (s): Antidiuretic.

8.6.3: *Mudga-Phaseolus vulgaris* L. (Fabaceae)

मुद्गोरूक्षोलघुर्ग्राहीकफपित्तहरोहिमः |
स्वादुरल्पानिलोनेत्र्योज्वरघ्नोवनजस्तथा ||३३||
मुद्गोबहुविधःश्यामोहरितःपीतकस्तथा |
श्वेतोरक्तश्चतेषान्तुपूर्वपूर्वोलघुःस्मृतः ||३४||
सुश्रुतेनपुनःप्रोक्तोहरितःप्रवरोगुणैः |
चरकादिभिरप्युक्तएषएवगुणाधिकः ||३५||

***Rasa* (Taste):** *Madhura* (sweet).
***Guṇa* (Physical property):** *Laghu* (light) and *rūkśa* (ununctuous).
***Vīrya* (Potency):** *Śīta* (cold).
Effect on *Tridōśa*: Pacifies *kapha* and *pitta* but aggravates *vāta*.
Action: Astringent.
Therapeutics: Eye diseases and fever.
Types: 1. Black. 2. Green. 3. Yellow. 4. White and 5. Red. These are *laghu* (light) in increasing order. *Suśruta* and *Carka* consider green type as best among all.

8.6.4: Properties of *Māṣa-Phaseolus mungo* L. (Fabaceae)

माषोगुरुःस्वादुपाकःस्निग्धोरुच्योऽनिलापहः।
स्रंसनस्तर्पणोबल्यःशुक्रलोबृंहणःपरः ॥३६॥
भिन्नमूत्रमलःस्तन्योमेदःपित्तकफप्रदः।
गुदकीलार्दितश्वासपक्तिशूलानिनाशयेत् ॥३७॥
कफपित्तकरामाषाःकफपित्तकरंदधि।
कफपित्तकरामत्स्यावृन्ताकंकफपित्तकृत् ॥३८॥

Rasa (Taste): *Madhura* (sweet).
***Guṇa*(Physical property):** *Gurū* (heavy) and *snigdha* (unctuous).
***Vīrya* (Potency):** *Śīta* (cold).
Vipāka*(Post digestion effect):Madhura* (sweet).
Effect on *Tridōśa*: Pacifies *kapha* and *pitta* but aggravates *vāta*.
Action: Tonic, spermopiotic, diuretic, galactagouge and laxative.
Therapeutics: Rectal diseases, facial palsy, asthma and pleurisy.

8.6.5: *Rājamāṣa-Vigna unguiculata* (L.) Walp. (Fabaceae)

राजमाषोमहामाषश्चपलश्चबलःस्मृतः।
राजमाषोगुरुःस्वादुस्तुवरस्तर्पणःसरः।
रूक्षोवातकरोरुच्यःस्तन्योभूरिबलप्रदः ॥३९॥
श्वेतोरक्तस्तथाकृष्णस्त्रिविधःसप्रकीर्तितः।
योमहांस्तेषुभवतिसएवोक्तोगुणाधिकः ॥४०॥

Synonyms: *Mahāmāṣa, capala* and *cabala*.
***Rasa* (Taste):** *Madhura* (sweet) and *kśāya* (astringent).
***Guṇa*(Physical property):** *Gurū* (heavy).
Effect on *Tridōśa*: Aggravates *vāta*.
Action: Laxative, appetizer, tonic and galactagouge.

Types: 1. Black. 2. White and 3 Red. Out of three, the large one is consider being the best.

8.6.6: *Niṣpāva-Dolichos lablab* L. (Fabaceae)

निष्पावोराजशिम्बिःस्याद्वल्लकःश्वेतशिम्बिकः |
निष्पावोमधुरोरूक्षोविपाकेऽम्लोगुरुःसरः |
कषायःस्तन्यपित्तास्रमूत्रवातविबन्धकृत् |
विदाह्युष्णोविषश्लेष्मशोथहृच्छुक्रनाशनः ||४१||

Synonyms: *Rājaśimbi, syādvallaka* and *śvētaśimbika.*
***Rasa* (Taste):** *Madhura* (sweet).
***Guṇa*(Physical property):** *Gurū* (heavy) and *rūkśa* (ununctuous).
***Vīrya* (Potency):** *Ūśana* (hot).
Vipāka* (Post digestion effect):Amla* (sour).
Effect on *Tridōśa*: Pacifies *kapha* but aggravates *vāta*.
Action: Hemopiotic, laxative, galactagouge, constipative and anti diuretic.
Therapeutics: Edema.

8.6.7: *Vanamudga -Phaseolus aconitefolius* L. (Fabaceae)

मकुष्ठोवनमुद्गःस्यान्मकुष्ठकमुकुष्ठकौ |
मकुष्ठोवातलोग्राहीकफपित्तहरोलघुः |
वह्निजिन्मधुरःपाकेकृमिकृज्ज्वरनाशनः ||४२||

Synonyms: *Makuṣṭha, vanamudga, makuṣṭha* and *mukuṣṭhaka.*
***Rasa* (Taste):** *Madhura* (sweet).
***Guṇa*(Physical property):** *Laghu* (light) and *rūkśa* (ununctuous).
***Vīrya* (Potency):** *Ūśana* (hot).
Vipāka* (Post digestion effect):Madhura* (sweet).
Effect on *Tridōśa*: Pacifies *kapha* and *pitta*.
Action: Anthelmintic and febrifuge.

8.6.8: *Masūra -Lens culinaris* Med (Fabaceae)

मङ्गल्यकोमसूरःस्यान्मङ्गल्याचमसूरिका |
मसूरोमधुरःपाकेसंग्राहीशीतलोलघुः |
कफपित्तास्रजिद्रूक्षोवातलोज्वरनाशनः ||४३||

Synonyms: *Maṅgalyaka, maṅgalyā* and *masūrikā.*
***Rasa* (Taste):** *Madhura* (sweet).
***Guṇa*(Physical property):** *Laghu* (light).
***Vīrya* (Potency):** *Śīta* (cold).
Vipāka* (Post digestion effect):Madhura* (sweet).
Effect on *Tridōśa*: Pacifies *kapha* but aggravates *vāta*.
Action: Astringent.
Therapeutics: Blood diseases and fever.

8.6.9: *Āḍhakī -Cajanus cajan* (L.) Mill. (Fabaceae)

आढकीतुवरीचापिसाप्रोक्ताशणपुष्पिका |
आढकीतुवरारूक्षामधुराशीतलालघुः |
ग्राहिणीवातजननीवर्ण्यापित्तकफास्रजित् ||४४||

Synonyms: *Tuvarī* and *śaṇapuṣpikā.*
***Rasa* (Taste):** *Madhura* (sweet) and *kśāya* (astringent)
***Guṇa*(Physical property):** *Laghu* (light) and *rūkśa* (ununctuous).
***Vīrya* (Potency):** *Śīta* (cold).
Effect on *Tridōśa*: Pacifies *kapha* but aggravates *vāta*.
Action: Astringent and alterative
Therapeutics: Blood diseases.

8.6.10.1: *Caṇaka-Cicer arietinum* L. (Fabaceae)

चणकोहरिमन्थःस्यात्सकलप्रियइत्यपि |
चणकःशीतलोरूक्षःपित्तरक्तकफापहः |
लघुःकषायोविष्टम्भीवातलोज्वरनाशनः ||४५||

सचाङ्गारेणसम्भृष्टस्तैलभृष्टश्चतद्गुणः ।
आर्द्रभृष्टोबलकरोरोचनश्चप्रकीर्तितः ॥४६॥
शुष्कभृष्टोऽतिरूक्षश्चवातकुष्ठप्रकोपणः ।
स्विन्नःपित्तकफोहन्यात्सूपःक्षोभकरोमतः ॥४७॥
आर्द्रोऽतिकोमलोरुच्यःपित्तशुक्रहरोहिमः ।
कषायोवातलोग्राहीकफपित्तहरोलघुः ॥४८॥

Synonyms: *Harimantha* and *sakalapriya.*
***Rasa* (Taste):** *Madhura* (sweet) and *kśāya* (astringent)
***Guṇa*(Physical property):** *Laghu* (light) and *rūkśa* (unctuous).
***Vīrya* (Potency):** *Śīta* (cold).
Effect on *Tridōśa*: Pacifies *kapha* but aggravates *vāta.*
Therapeutics: Fever and blood diseases.
Note: It disturbs digestion.

8.6.10.2: *Caṇaka* roasted on fire

***Rasa* (Taste):** *Madhura* (sweet) and *kśāya* (astringent)
***Guṇa*(Physical property):** *Laghu* (light) and *rūkśa* (unctuous).
***Vīrya* (Potency):** *Śīta* (cold).
Effect on *Tridōśa*: Pacifies *kapha* but aggravates *vāta.*
Therapeutics: Fever and blood diseases.

8.6.10.3: *Caṇaka* fried in oil

***Rasa* (Taste):** *Madhura* (sweet) and *kśāya* (astringent)
***Guṇa*(Physical property):** *Laghu* (light) and *rūkśa* (unctuous).
***Vīrya* (Potency):** *Śīta* (cold).
Effect on *Tridōśa*: Pacifies *kapha* and *pitta* but aggravates *vāta.*
Therapeutics: Fever and blood diseases.

8.6.10.4: Fried wet *Caṇaka*

Action: Tonic and appetizer.

8.6.10.5: Fried dried *Caṇaka*

***Guṇa*(Physical property):** *Rūkśa* (ununctuous).
***Vīrya* (Potency):** *Śīta* (cold).
Effect on *Tridōśa*: Aggravates *vāta*.
Note: It aggravates skin diseases.

8.6.10.6: Boiled *Caṇaka*

Effect on *Tridōśa*: Pacifies *kapha* and *pitta*.

8.6.10.7: Pulse prepared from *Caṇaka*

It has irritating effect.

8.6.10.8: *Caṇaka* kept in water

***Rasa* (Taste):** *Kśāya* (astringent).
***Guṇa*(Physical property):** *Laghu* (light).
***Vīrya* (Potency):** *Śīta* (cold).
Effect on *Tridōśa*: Pacifies *kapha* and *pitta* but aggravates *vāta*.
Action: Astringent and appetizer.
Note: *Caṇaka* kept in wateris harmful for semen.

8.7: *Kalāya-Lathyrus aphaca* L. (Fabaceae)

कलायोवर्त्तुलःप्रोक्तःसतीनश्चहरेणुकः |
कलायोमधुरःस्वादुःपाकेरूक्षश्चशीतलः ||४९||

Synonyms: *Varttula, satīna* and *harēṇuka*.
***Rasa* (Taste):** *Madhura* (sweet)
***Guṇa*(Physical property):** *Rūkśa* (ununctuous).
***Vīrya* (Potency):** *Śīta* (cold).
Vipāka* (Post digestion effect):Madhura* (sweet).

8.8: *Tripuṭa-Lathyrus sativus* L. (Fabaceae)

त्रिपुटःखण्डिकोऽपिस्यात्कथ्यन्तेतद्गुणाअथ।
त्रिपुटोमधुरस्तिक्तस्तुवरोरूक्षणोभृशम्।
कफपित्तहरोरुच्योग्राहकःशीतलस्तथा।
किन्तुखञ्जत्वपङ्गुत्वकारीवातातिकोपनः ॥५०॥

Synonyms: *Khaṇḍika*.
***Rasa* (Taste):** *Madhura* (sweet), *tikta* (bitter) and *kśāya* (astringent).
***Guṇa*(Physical property):** *Rūkśa* (ununctuous).
***Vīrya* (Potency):** *Śīta* (cold).
Effect on *Tridōśa*: Pacifies *kapha* and *pitta* but aggravates *vāta*.
Note: Whenever consumed, *tripuṭa* leads to paralysis.

8.9: *Kulattha -Dolichos biflorus* L. (Fabaceae)

कुलत्थिकाकुलत्थश्चकथ्यन्तेतद्गुणाअथ।
कुलत्थःकटुकःपाकेकषायःपित्तरक्तकृत्।
लघुर्विदाहीवीर्योष्णःश्वासकासकफानिलान् ॥५१॥
हन्तिहिक्काऽश्मरीशुक्रदाहानाहान्सपीनसान्।
स्वेदसंग्राहकोमेदोज्वरक्रिमिहरःपरः ॥५२॥

Synonyms: *Kulatthikā*.
***Rasa* (Taste):** *Kśāya* (astringent)
***Guṇa*(Physical property):** *Laghu* (light) and *vidāhi* (irritant).
***Vīrya* (Potency):** *Ūśana* (hot).
Vipāka* (Post digestion effect):Kaṭu* (pungent).
Effect on *Tridōśa*: Pacifies *kapha* and *vāta* but aggravates *pitta*.
Action: Laxative.
Therapeutics: Asthma, cough, hiccough, calculus, seminal debility, burning sensation, flatulence, rhinitis, obesity, fever and worm infestation.
Note: *Kulattha*aggravates diseases of the blood.

8.10.1: *Tila-Sesamum indicum* L. (Pedaliaceae)

तिलःकृष्णःसितोरक्तःसवर्ण्योऽल्पतिलःस्मृतः।
तिलोरसेकटुस्तिक्तोमधुरस्तुवरोगुरुः।
विपाकेकटुकःस्वादुःस्निग्धोष्णःकफपित्तनुत् ॥५३॥
बल्यःकेश्योहिमस्पर्शस्त्वच्यःस्तन्योव्रणेहितः।
दन्त्योऽल्पमूत्रकृद्ग्राहीवातघ्नोऽग्निमतिप्रदः ॥५४॥
कृष्णःश्रेष्ठतमस्तेषुशुक्रलोमध्यमःसितः।
अन्येहीनतरःप्रोक्तास्तज्ज्ञैरक्तादयस्तिलाः ॥५५॥

Types: 1. Black, 2. White and 3. Red.
***Rasa* (Taste):** *Kaṭu*(pungent), *tikta* (bitter) and *kśāya* (astringent).
***Guṇa* (Physical property):** *Gurū* (heavy) and *snigdha* (unctuous).
***Vīrya* (Potency):** *Ūśana* (hot).
Vipāka* (Post digestion effect):Kaṭu* (pungent).
Effect on *Tridōśa*: Pacifies *kapha* and *pitta*.
Action: Tonic, galactagouge, diuretic, astringent, nootropic and appetizer. Black variety is spermopiotic and best among three varieties.
Therapeutics: Beneficial for hairs and skin and diseases of the teeth.
Note: Black variety is best among the three varieties. White has medium properties and red is considered to be inferior.

8.10.2: *Vanyatila*

Synonym: *Alpatila*.
It grows in forests.

8.11: *Atasī –Linum usitatissimum* L. (Linaceae)

अतसीनीलपुष्पीचपार्वतीस्यादुमाक्षुमा।
अतसीमधुरातिक्तास्निग्धापाकेकटुर्गुरुः।
उष्णादृक्छुक्रवातघ्नीकफपित्तविनाशिनी ॥५६॥

Synonyms: *Nīlapuṣpī, pārvatī, umā* and *kṣumā*.
***Rasa* (Taste):** *Madhura* (sweet) and *tikta* (bitter).
***Guṇa* (Physical property):** *Gurū* (heavy).
***Vīrya* (Potency):** *Ūśana* (hot).
Vipāka* (Post digestion effect):Kaṭu* (pungent).
Effect on *Tridōśa*: Pacifies *vāta*, *kapha* and *pitta*.
Therapeutics: Beneficial for eyes and seminal diseases.

8.12: *Tuvrī-Eruca sativa* Mill. (Brassicaceae)

तुवरीग्राहिणीप्रोक्तालघ्वीकफविषास्रजित् |
तीक्ष्णोष्णावह्निदाकण्डूकुष्ठकोष्ठक्रिमिप्रणुत् ||५७||

Synonym: Grāhiṇī.
***Rasa* (Taste):** *Madhura* (sweet) and *tikta* (bitter).
***Guṇa* (Physical property):** *Laghu* (light) and *tīkśana*.
***Vīrya* (Potency):** *Ūśana* (hot).
Effect on *Tridōśa*: Pacifies *kapha*.
Action: Appetizer and astringent.
Therapeutics: Poisoning, blood dieses, pruritis, skin diseases and worm infestation.

8.13.1: *Sarṣapa*

सर्षपःकटुकःस्नेहस्तुन्तुभश्चकदम्बकः |
गौरस्तुसर्षपःप्राज्ञैःसिद्धार्थइतिकथ्यते ||५८||

Gaūrasarṣapa-Brassica alba (L.) Rabenh (Brassicaceae)

सर्षपस्तुरसेपाकेकटुःस्निग्धःसतिक्तकः |
तीक्ष्णोष्णःकफवातघ्नोरक्तपित्ताग्निवर्धनः ||५९||
रक्षोहरोजयेत्कण्डूंकुष्ठकोष्ठक्रिमिग्रहान् |
यथारक्तस्तथागौरःकिन्तुगौरोवरोमतः ||६०||

Synonyms: *Siddhārtha*.
***Rasa* (Taste):** *Kaṭu* (pungent) and *tikta* (bitter).
***Guṇa* (Physical property):** *Gurū* (heavy), *snigdha* (unctuous) and *tīkśana*.

***Vīrya* (Potency):** *Ūśana* (hot).
Vipāka* (Post digestion effect):kaṭu*(pungent).
Effect on *Tridōśa*: Pacifies *kapha* and *vāta*.
Action: Appetizer.
Therapeutics: Epistaxis and microbial infections.

8.13.2: *Rakatsarṣapa-Brassica campestris* L. syn B. *sarson* Prain. (Brassicaceae)

Synonyms: *Kaṭuka, snēha, tuntubha* and *kadambaka.*
***Rasa* (Taste):** *Kaṭu* (pungent) and *tikta* (bitter).
***Guṇa* (Physical property):** *Gurū* (heavy), *snigdha* (unctuous) and *tīkśana*.
***Vīrya* (Potency):** *Ūśana* (hot).
Vipāka* (Post digestion effect):kaṭu*(pungent).
Effect on *Tridōśa*: Pacifies *kapha* and *vāta*.
Action: Appetizer.
Therapeutics: Epistaxis and microbial infections.

8.14.1: *Rājikā-Brassica juncea* (L.) Czern. (Brassicaceae)

राजीतुराजिकातीक्ष्णगन्धाक्षुज्जनिकासुरी |
क्षवःक्षुताभिजनकःकृमिकृत्कृष्णसर्षपः ||६१||
राजिकाकफपित्तघ्नीतीक्ष्णोष्णारक्तपित्तकृत् |
किञ्चिदूक्षाग्निदाकण्डूकुष्ठकोष्ठक्रिमीन्हरेत् |
अतितीक्ष्णाविशेषेणतद्वत्कृष्णापिराजिका ||६२||

Synonyms: *Rājī, tīkṣṇagandhā, kṣujjanika and āsurī.*
***Guṇa* (Physical property):** *Rūkśa* (unctuous) and *tīkśana*.
***Vīrya* (Potency):** *Ūśana* (hot).
Effect on *Tridōśa*: Pacifies *kapha* and *pitta*.
Action: Appetizer.
Therapeutics: Prutitis, skin diseases and worm infestation.

8.14.2: *Kṛṣṇarājikā*

Synonyms: *Kṣava, kṣutābhijanaka* and *kṛmi.*
***Guṇa* (Physical property):** *Rūkśa* (ununctuous) and *tīkśana.*
***Vīrya* (Potency):** *Ūśana* (hot).
Effect on *Tridōśa*: Pacifies *kapha* and *pitta.*
Action: Appetizer.
Therapeutics: Prutitis, skin diseases and worm infestation.
Note: *Kṛṣṇarājikā* is inferior as compared to *rājikā.*

8.15: *Kṣudradhānya*

क्षुद्रधान्यंकुधान्यंचतृणधान्यमितिस्मृतम् |
क्षुद्रधान्यमनुष्णंस्यात्कषायंलघुलेखनम् |
मधुरंकटुकंपाकेरूक्षंचक्लेदशोषकम् |
वातकृद्बद्धविट्कंचपित्तरक्तकफापहम् ||६३||

Synonyms: *Kudhānya* and *tṛṇadhānya.*
***Rasa* (Taste):** *Madhura* (sweet) and *kśāya* (astringent).
***Guṇa* (Physical property):** *Laghu* (light) and *rūkśa* (ununctuous).
***Vīrya* (Potency):** *Ūśana* (hot).
Vipāka* (Post digestion effect):kaṭu*(pungent).
Effect on *Tridōśa*: Pacifies *pitta* and *kapha* but aggravates *vāta.*
Therapeutics: Diarrhea and blood diseases.

8.16: *Kaṅgu-Setaria italica* (L.) P. Beauvois (Poaceae)

स्त्रियांकङ्गुप्रियंगूद्वेकृष्णारक्तासितातथा |
पीताचतुर्विधाकङ्गुस्ताम्रापीतावरास्मृता ||६४||
कङ्गुस्तुभग्नसन्धानवातकृद्बृंहणीगुरुः |
रूक्षाश्लेष्महराऽतीववाजिनांगुणकृद्भृशम् ||६५||

Synonyms: *Priyaṁgū.*
Varieties:1. Black, 2. Red, 3. White and 4. Yellow.

***Guṇa* (Physical property):** *Gurū* (heavy) and *rūkśa* (ununctuous).
Effect on *Tridōśa*: Pacifies *kapha*.
Action: Tonic.
Therapeutics: Fractures anddiseases of horses.

8.17: *Cīnāka-Panicum miliaceum* L. (Poaceae)

चीनाकःकाककङ्गुश्चसुश्लक्ष्णःश्लक्ष्णकःस्मृतः ।
चीनाकःकङ्गुभेदोऽस्तिसज्ञेयःकङ्गुवद्गुणैः ॥६६॥

Synonyms: *Kākakaṅgu, suślakṣṇa* and *ślakṣṇaka.*
***Guṇa* (Physical property):** *Gurū* (heavy) and *rūkśa* (ununctuous).
Effect on *Tridōśa*: Pacifies *kapha*.
Action: Tonic.
Therapeutics: Fractures anddiseases of horses.

8.18: *Śyāmāka-Echinochloa frumentacea* L.(Poaceae)

श्यामाकःश्यामकःश्यामस्त्रिबीजःस्यादविप्रियः ।
सुकुमारोराजधान्यंतृणबीजोत्तमश्चसः ।
श्यामाकःशोषणोरूक्षोवातलःकफपित्तहृत् ॥६७॥

Synonyms: *Śyāmaka, śyāmastribīja, avipriya, sukumāra, rājadhānya* and *tṛṇabījōttama.*
***Guṇa* (Physical property):** *Rūkśa* (ununctuous).
Effect on *Tridōśa*: Pacifies *pitta* and *kapha* but aggravates *vāta*.

8.19.1: *Kōdrava-Paspalum scrobiculatum* L.(Poaceae)

कोद्रवःकोरदूषःस्यादुद्दालोवनकोद्रवः ।
कोद्रवोवातलोग्राहीहिमपित्तकफापहः ।
उद्दालस्तुभवेदुष्णोग्राहीवातकरोभृशम् ॥६८॥

Synonyms: *Kōradūṣaḥ.*
***Vīrya* (Potency):** *Śīta* (cold).

Effect on *Tridōśa*: Pacifies *pitta* and *kapha* but aggravates *vāta*.
Action: Astringent.

8.19.2: *Vanakōdrava*

Synonyms: *Ūduddāla.*
***Vīrya* (Potency):** *Ūśana* (hot).
Effect on *Tridōśa*: Aggravates *vāta*.
Action: Astringent.

8.20: *Cāruka*

चारुकःशरबीजःस्यात्कथ्यन्तेतद्गुणाअथ।
चारुकोमधुरोरूक्षोरक्तपित्तकफापहः।
शीतलोलघुवृष्यश्चकषायोवातकोपनः ॥६९॥

Synonyms: *Śarabīja.*
***Rasa* (Taste):** *Kśāya* (astringent).
***Guṇa* (Physical property):** *Rūkśa* (ununctuous).
***Vīrya* (Potency):** *Ūśana* (hot).
Vipāka* (Post digestion effect):kaṭu*(pungent).
Effect on *Tridōśa*: Pacifies *kapha* but aggravates *pitta* and *vāta*.

8.21: *Vaṁśayava*

यवावंशभवारूक्षाःकषायाःकटुपाकिनः।
बद्धमूत्राःकफघ्नाश्चवातपित्तकराःसराः ॥७०॥

Synonyms: *Vaṁśabhavā.*
***Rasa* (Taste):** *Kśāya* (astringent).
***Guṇa* (Physical property):** *Rūkśa* (ununctuous).
***Vīrya* (Potency):** *Śīta* (cold).
Effect on *Tridōśa*: Pacifies *vāta, pitta* and *kapha*.
Note: It obstructs urinary flow.

8.22: *Kusumbhabīja*

कुसुम्भबीजंवरटासैवप्रोक्तावरट्टिका।
वरटामधुरास्निग्धारक्तपित्तकफापहा।
कषायाशीतलागुर्वीस्यादवृष्याऽनिलापहा ॥७१॥

Synonyms: *Varaṭā* and *varaṭṭikā.*
***Rasa* (Taste):** *Madhura* (sweet) and*kśāya* (astringent).
***Guṇa* (Physical property):** *Gurū* (heavy) and *snigdha* (unctuous).
***Vīrya* (Potency):** *Śīta* (cold).
Effect on *Tridōśa*: Pacifies *vāta*, *pitta* and *kapha*.
Action: Spermopiotic.

8.23: *Gavēdhuka-Coix lacryma-jobi* L. (Poaceae)

गवेधुकातुविद्वद्भिर्गवेधुःकथितास्त्रियाम्।
गवेधुःकटुकास्वाद्वीकार्श्यकृत्कफनाशिनी ॥७२॥

Synonyms: *Gavēdhu.*

***Rasa* (Taste):** *Kaṭu* (pungent) and *madhura* (sweet).
Effect on *Tridōśa*: Pacifies *kapha*.
Therapeutics: Obesity.

8.24: *Nīvāra-Hygroryza aristata* (Retz.) Nees ex Wight & Arn. (Poaceae)

प्रसाधिकातुनीवारस्तृणान्नमितिचस्मृतम्।
नीवारःशीतलोग्राहीपित्तघ्नःकफवातकृत् ॥७३॥

Synonyms: *Prasādhikā* and *tṛṇānna.*
***Vīrya* (Potency):** *Śīta* (cold).
Effect on *Tridōśa*: Pacifies *ptta* and *kapha* but aggravates *vāta*.
Action: Astringent.

8.25: *Yāvanāla-Sorghum vulgare* Pers. (Poaceae)

(यवनालोयावनालःशिखरीवृत्ततण्डुलः।
दीर्घनालोदीर्घशरःक्षेत्रक्षुश्चेक्षुपत्रकः)।
यावनालोहिमःस्वादुर्लोहितःश्लेष्मपित्तजित्।
अवृष्यस्तुवरोरूक्षःक्लेदकृत्कथितोलघुः ॥७४॥

Synonyms: *Yāvanāla, śikharī, vṛttataṇḍula, dīrghanāla, dīrghaśara, kṣētrakṣu* and *kṣupatraka.*
***Rasa* (Taste):** *Madhura* (sweet) and *kśāya* (astringent).
***Guṇa* (Physical property):** *Rūkśa* (ununctuous).
***Vīrya* (Potency):** *Śīta* (cold).
Effect on *Tridōśa*: Pacifies *pitta* and *kapha*.
Action: Spermopiotic.
Therapeutics: Blood diseases.

8.26: Some definitions

धान्यंसर्वंनवंस्वादुगुरुश्लेष्मकरंस्मृतम्।
तत्तुवर्षोषितंपथ्यंयतोलघुतरंहितम् ॥७५॥
वर्षोषितंसर्वधान्यंगौरवंपरिमुञ्चति।
नतुत्यजतिवीर्यंस्वंक्रमान्मुञ्चत्यतःपरम् ॥७६॥
एतेषुयवगोधूमतिलमाषानवाहिताः।
पुराणाविरसारूक्षानतथागुणकारिणः ॥७७॥

1. *Dhānya* if fresh, are *Madhura* (sweet), *gurū* (heavy) and aggravates *kapha*.
2. When they become one year old, they are easy to digest and become *laghu* (light).
3. When kept for one year, they leave behind *gurū* (heavy) property but do not loose *vīrya* (potency).
4. As they bone old after one year, they start leaving *vīrya* (potency).
5. *Gōdhūma, Tila* and *Māṣa* are more useful in fresh state.
6. *Gōdhūma, Tila* and *Māṣa* when become old loose potency and become *rūkśa* (ununctuous).

Chapter-9: *Śākavarga*

9.1: Varieties of *Śāka*

पत्रंपुष्पंफलंनालंकन्दंसंस्वेदजंतथा।
शाकंषड्विधमुद्दिष्टंगुरुंविद्याद्यथोत्तरम् ॥१॥

1. *Patra*. 2. *Puṣpa*. 3. *Phala*. 4. *Nāla*. 5. *Kanda* and6. *Saṁsvēdaja*.

9.2: General properties of *Śāka*

रायःशाकानिसर्वाणिविष्टम्भीनिगुरूणिच।
रूक्षाणिबहुवर्चांसिसृष्टविण्मारुतानिच ॥२॥
शाकंभिनत्तिवपुरस्थिनिहन्तिनेत्रंवर्णंविनाशयतिरक्तमथापिशुक्रम्।
प्रज्ञाक्षयंचकुरुतेपलितंचनूनंहन्तिस्मृतिंगतिमितिप्रवदन्तितज्ज्ञाः ॥३॥
शाकेषुसर्वेषुवसन्तिरोगास्तेहेतवोदेहविनाशनाय।
तस्माद्बुधःशाकविवर्जनंतुकुर्यात्तथाम्लेषुसएवदोषः ॥४॥

Guṇa (Physical property): *Gurū* (light) and *rūkśa* (ununctuous).
Effect on *Tridōśa*: Aggravates *kapha* and *vāta* but pacifies *pitta*.
Action (s): Laxative.
Note: *Śāka* are harmful for bones, eye-sight, blood, seminal fluid, memory and walking. They also lead to untimely white hairs. *Amla* (sour) foods resembles with *śāka* in above properties, hence, a wise man should not consume both.

9.3.1: Description of *Patraśāka*

वास्तूकंवास्तुकंचस्यात्क्षारपत्रंचशाकराट्।
तदेवतुबृहत्पत्रंरक्तंस्याद्गौडवास्तुकम्।
प्रायशोयवमध्येस्याद्यवशाकमतःस्मृतम् ॥५॥
वास्तूकद्वितयंस्वादुक्षारंपाकेकटूदितम्।

दीपनंपाचनंरुच्यंलघुशुक्रबलप्रदम्।
सरंप्लीहास्रपित्तार्शःकृमिदोषत्रयापहम् ॥६॥

First *patraśāka* shall be described. First there is description about *vāstūkadvaya*.

9.3.2: *Vāstūka-Chenopodium album* L. (Chenopodiaceae)

Synonyms: *Kṣārapatraṁ* and *śākarāṭ*.
***Guṇa* (Physical property):** *Laghu* (light).
Vipāka* (Post digestion effect):Kaṭu* (pungent).
Effect on *Tridōśa*: Pacifies *vāta*, *pitta* and *kapha*.
Action (s): Alkaline, appetizer, digestive, spermopiotic, laxative and tonic.
Therapeutics: Diseases of the spleen, epistaxis, hemorrhoids and worm infestation.
Note: *Vāstūka* having large size and red color is known as *gauḍavāstuka*. The plant which is cultivated is known as *Yavshaka*.

Gauḍavāstuka- Chenopodium murale L. (Chenopodiaceae)

***Guṇa* (Physical property):** *Laghu* (light).
Vipāka* (Post digestion effect):Kaṭu* (pungent).
Effect on *Tridōśa*: Pacifies *vāta*, *pitta* and *kapha*.
Action (s): Alkaline, appetizer, digestive, spermopiotic, laxative and tonic.
Therapeutics: Diseases of the spleen, epistaxis, hemorrhoids and worm infestation.

9.4: *Potaki-Basella rubra* L. (Basellaceae)

पोतक्युपोदिकासातुमालवाऽमृतवल्लरी।
पोतकीशीतलास्निग्धाश्लेष्मलावातपित्तनुत्।
अकण्ठ्यापिच्छिलानिद्राशुक्रदारक्तपित्तजित्।
बलदारुचिकृत्पथ्याबृंहणीतृप्तिकारिणी ॥७॥

Synonyms: *Upōdikā, mālavā* and *amṛtavallarī*.
***Guṇa* (Physical property):** *Snigdha* (unctuous) and *picila* (viscid).
***Vīrya* (Potency):** *Śīta* (cold).

Effect on *Tridōśa*: Pacifies *vāta* and *pitta*.
Action (s): Hypnotic, spermopiotic, laxative, nutritive and appetizer.
Therapeutics: Epistaxis and diseases of the throat.

Māriṣa

मारिषोबाष्पकोमार्षःश्वेतोरक्तश्चसस्मृतः।
मारिषोमधुरःशीतोविष्टम्भीपित्तनुद्गुरुः।
वातश्लेष्मकरोरक्तपित्तनुद्विषमाग्निजित्॥८॥
रक्तमार्षोगुरुर्नातिसक्षारोमधुरःसरः।
श्लेष्मलःकटुकःपाकेस्वल्पदोषउदीरितः॥९॥

Synonyms: *Bāṣpaka* and *mārṣa*.

9.5.2: *Śvētamāriṣa-Amaranthus blitum* L. (Amaranthaceae)

***Rasa* (Taste):** *Madhura* (sweet).
***Guṇa* (Physical property):** *Gurū* (light).
***Vīrya* (Potency):** *Śīta* (cold).
Vipāka* (Post digestion effect):Kaṭu* (pungent).
Effect on *Tridōśa*: Pacifies *pitta* but aggravates *vāta* and *kapha*.
Therapeutics: Epistaxis and low digestive fire.
Note: *Śvētamāriṣa* disturbs digestion.

9.5.3: *Raktamāriṣa-Amaranthus gangeticus* L. (Amaranthaceae)

***Rasa* (Taste):** *Madhura* (Sweet) with alkaline.
***Guṇa* (Physical property):** *Gurū* (light).
***Vīrya* (Potency):** *Śīta* (cold).
Vipāka* (Post digestion effect):Kaṭu* (pungent).
Effect on *Tridōśa*: Aggravates *kapha*.
Actions: Laxative.

9.6: *Taṇḍulīya-Amaranthus spinosus* L. (Amaranthaceae)

तण्डुलीयोमेघनादःकाण्डेरस्तण्डुलेरकः |
भण्डीरस्तण्डुलीबीजोविषघ्नश्चाल्पमारिषः ||१०||
तण्डुलीयोलघुःशीतोरूक्षःपित्तकफास्रजित् |
सृष्टमूत्रमलोरुच्योदीपनोविषहारकः |

Synonyms: *Mēghanāda, kāṇḍēra, taṇḍulēraka, bhaṇḍīrastaṇḍulībījō viṣaghnaścālpamāriṣaḥ.*
***Rasa* (Taste):** *Kśāya* (astringent) and *tikta* (bitter).
***Guṇa* (Physical property):** *Laghu* (light) and *rūkśa* (ununctuous).
***Vīrya* (Potency):** *Śīta* (cold).
Effect on *Tridōśa*: Pacifies *pitta* and *kapha*.
Action (s): Mild laxative and diuretic and appetizer.
Therapeutics: Blood diseases and poisoning.

9.7: *Jalataṇḍulīya*

पानीयंतण्डुलीयंतुकचटंसमुदाहृतम् |
कचटंतिक्तकंरक्तपित्तानिलहरंलघु ||११||

Synonyms: *Pānīyaṁ taṇḍulīya and kacaṭa.*
***Rasa* (Taste):** *Tikta* (bitter).
***Guṇa* (Physical property):** *Laghu* (light).
Effect on *Tridōśa*: Pacifies *vāta*.
Therapeutics: Epistaxis.

9.8: *Pālakyā-Spinacia oleracea* L. (Amaranthaceae)

पालक्यावास्तुकाकाराछुरिकाचीरितच्छदा |
पालक्यावातलाशीताश्लेष्मलाभेदिनीगुरुः |

विष्टम्भिनीमदश्वासपित्तरक्तकफापहा ||१२||

Synonyms: *Vāstukākārā, churikā* and *cīritacchadā.*
***Guṇa* (Physical property):** *Abhiśyandi.*
***Vīrya* (Potency):** *Śīta* (cold).
Effect on *Tridōśa*: Aggravates *vāta* but pacifies *pitta* and *kapha*.
Therapeutics: Asthma and alcoholism.

9.9: *Kālaśāka-Corchorus capsularis* L. (Malvaceae)

नाडिकंकालशाकंचश्राद्धशाकंचकालकम् |
कालशाकंसरंरुच्यंवातकृत्कफशोथहृत् |
बल्यंरुचिकरंमेध्यंरक्तपित्तहरंहिमम् ||१३||

Synonyms: *Nāḍika, śrāddhaśāka* and *kālaka.*
***Vīrya* (Potency):** *Śīta* (cold).
Effect on *Tridōśa*: Aggravates *vāta* but pacifies *kapha*.
Action (s): Appetizer, laxative, nootropic and anti-inflammatory.
Therapeutics: Epistaxis.

9.10: *Paṭṭaśāka-Corchorus olitorius* L. (Malvaceae)

पट्टशाकस्तुनाडीकोनाडीशाकश्चसस्मृतः |
नाडीकोरक्तपित्तघ्नोविष्टम्भोवातकोपनः ||१४||

Synonyms: *Nāḍika* and *nāḍīśāka.*
Effect on *Tridōśa*: Aggravates *vāta*.
Therapeutics: Epistaxis.
Note: *Paṭṭaśāka*disturbs digestion.

9.11: *Kalambī-Ipomoea aquatica* Forssk. (Convolvulaceae)

कलम्बीशतपर्वीचकथ्यन्तेतद्गुणाअथ।
कलम्बीस्तन्यदाप्रोक्तामधुराशुक्रकारिणी॥१५॥

Synonyms: *Śataparvī.*
***Rasa* (Taste):** *Madhura* (Sweet).
Action (s): Galactagouge and spemopoiotic.

9.12.1: *Lōṇī-Portulaca quadrifida* L. (Portulacaceae)

लोणालोणीचकथिताबृहल्लोणीतुघोटिका।
लोणीरूक्षास्मृतागुर्वीवातश्लेष्महरीपटुः।
अर्शोघ्नीदीपनीचाम्लामन्दाग्निविषनाशिनी॥१६॥

Synonyms: *Lōṇā.*
***Rasa* (Taste):** *Lavaṇa* (saline) and amla (sour).
***Guṇa* (Physical property):** *Gurū* (heavy) and *rūkśa* (ununctuous).
Effect on *Tridōśa*: Pacifies *vāta* and *kapha.*
Action: Appetizer.
Therapeutics: Hemorrhoids, loss of appetite and poisoning.

9.12.2: *Bṛhallōṇī-Portulaca oleracea* L. (Portulacaceae)

घोटिकाऽम्लासराचोष्णावातकृत्कफपित्तहृत्।
वाग्दोषव्रणगुल्मघ्नीश्वासकासप्रमेहनुत्।
शोथलोचनरोगेचहितातज्ज्ञैरुदाहृता॥१७॥

Synonyms: *Ghōṭikā.*
***Rasa* (Taste):** *Amla* (sour).
***Guṇa* (Physical property):** *Gurū* (heavy) and *rūkśa* (ununctuous).
Vīrya* (Potency):Uśana* (hot).

Effect on *Tridōśa*: Pacifies *pitta* and *kapha* but aggravates *vāta*.
Action: Laxative.
Therapeutics: Speech disorders, ulcer, abdominal tumor, asthma, cough, polyuria, edema and eye diseases.

9.13: *Cāṅgērī-Oxalis corniculata* L. (Oxalidaceae)

चाङ्गेरीचुक्रिकादन्तशठाम्बष्ठाऽम्ललोणिका ।
अश्मन्तकस्तुशफरीपिसलीचाम्लपत्रका ॥१८॥
चाङ्गेरीदीपनीरुच्यारूक्षोष्णाकफवातनुत् ।
पित्तलाऽम्लाग्रहण्यर्शःकुष्ठातीसारनाशिनी ॥१९॥

Synonyms: *Cukrikā, dantaśaṭha, ambaṣṭha, amlalōṇikā, aśmantak, śapharī, pisalī* and *amlapatrakā.*
***Rasa* (Taste):** *Lavaṇa* (saline) and *amla* (sour).
***Guṇa* (Physical property):** *Gurū* (heavy) and *rūkśa* (unctuous).
***Vīrya* (Potency):** *Uśana* (hot).
Effect on *Tridōśa*: Pacifies *vāta* and *kapha* but aggravates *pitta*.
Action: Appetizer.
Therapeutics: Malabsorption, hemorrhoids, skin diseases and diarrhea.

9.14: *Cukrikā-Rumex vesicarius* L. (Polygonaceae)

चुक्रिकास्यात्तुपत्राम्लारोचनीशतवेधिनी ।
चुक्रात्वम्लतरास्वाद्वीवातघ्नीकफपित्तकृत् ।
रुच्यालघुतरापाकेवृन्ताकेनातिरोचनी ॥२०॥

Synonyms: *Patrāmlā, rōcanī* and *śatavēdhinī.*
***Rasa* (Taste):** *Madhura* (sweet) and *amla*(sour).
***Guṇa* (Physical property):** *Laghu* (light).
***Vīrya* (Potency):** *Śīta* (cold).
Effect on *Tridōśa*: Pacifies *vāta* and aggravates *pitta* and *kapha*.
Action (s): Appetizer.

9.15: *Cañcukī-Corchorus fascicularis* Lam. (Malvaceae)

चिञ्चाचञ्चुश्चञ्चुकीचदीर्घपत्रासतिक्तका।
चञ्चुःशीतासरारुच्यास्वाद्वीदोषत्रयापहा।
धातुपुष्टिकरीबल्यामेध्यापिच्छिलकास्मृता ॥२१॥

Synonyms: *Ciñcā, cañcu, dīrghapatrā* and *satiktakā.*
***Rasa* (Taste):** *Madhura* (sweet).
***Guṇa* (Physical property):** *Picila*.
***Vīrya* (Potency):** *Śīta* (cold).
Effect on *Tridōśa*: Pacifies *vāta*, *pitta* and *kapha*.
Action (s): Appetizer, laxative, nutritive, tonic and nootropic.

9.16: *Hilamōcikā-Enhydra fluctuans* Lour (Asteraceae)

ब्राह्मीशङ्खधराऽऽचारीब्राह्मीचहिलमोचिका।
शोथंकुष्ठंकफंपित्तंहरतेहिलमोचिका ॥२२॥

Synonyms: *Brāhmī, śaṅkhadhara* and *acārī*
Effect on *Tridōśa*: Pacifies *pitta* and *kapha*.
Therapeutics: Edema and skin diseases.

9.17: *Śitivāra-Marsilea minuta* L. (Marsileaceae)

शितिवारःशितिवरःस्वस्तिकःसुनिषण्णकः।
श्रीवारकःसूचिपत्रःपर्णकःकुक्कुटःशिखी ॥२३॥
चाङ्गेरीसदृशःपत्रैश्चतुर्दलइतीरितः।
शाकोजलान्वितोदेशेचतुष्पत्रीतिचोच्यते ॥२४॥
सुनिषण्णोहिमोग्राहीमोहदोषत्रयापहः।
अविदाहीलघुःस्वादुःकषायोरूक्षदीपनः।
वृष्योरुच्योज्वरश्वासमेहकुष्ठभ्रमप्रणुत् ॥२५॥

Synonyms: *Śitivara, svastika, sunişaṇṇaka, śrīvāraka, sūcipatra, parṇaka, kukkuṭa* and *śikhī.*

Description: Leaves of *śitivāra* are similar to *cāṅgērī* (*Oxalis corniculata*) barring number of leaves. *Śitivāra* has four whereas cāṅgērī has three.

***Rasa* (Taste):** *Madhura* (sweet) and *kśāya* (astringent).

***Guṇa* (Physical property):** *Gurū* (heavy) and *rūkśa* (ununctuous).

***Vīrya* (Potency):** *Śīta* (cold).

Effect on *Tridōśa*: Pacifies *vāta*, *pitta* and *kapha*.

Action (s): Appetizer and spermopiotic.

Therapeutics: Obesity, fever, asthma, polyuria, skin diseases and vertigo.

9.18: *Mūlakpatra* (Leaves of *Raphanus sativus* L.)

पाचनंलघुःरुच्योष्णंपत्रंमूलकजंनवम् |
स्नेहसिद्धंत्रिदोषघ्नमसिद्धंकफपित्तकृत् ||२६||

***Guṇa*(Physical property):** *Laghu* (Light).

Vīrya* (Potency):Ūśana* (hot).

Effect on *Tridōśa*: Pacifies *kapha* and *pitta* but aggravates *vāta*.

Action: Appetizer and digestive.

Note: 1. *Mūlakpatra*fried in oil pacifies *vāta*, *pitta* and *kapha*.
2. *Mūlakpatra*which is not fried aggravates *pitta* and *kapha*.

9.19: *Drōṇapuṣpīpatra*

द्रोणपुष्पीदलंस्वादुरुक्षंगुरुचपित्तकृत् |
भेदनंकामलाशोथमेहज्वरहरंकटु ||२७||

***Rasa* (Taste):** *Madhura* (Sweet) and *kaṭu* (pungent).

***Guṇa*(Physical property):** *Gurū* (heavy) and *rūkśa* (ununctuous).

Vīrya* (Potency):Uśana* (hot).

Effect on *Tridōśa*: Aggravates *pitta*.

Action: Laxative.

Therapeutics: Jaundice, edema, polyuria and fever.

9.20: *Yavānīśāka*

यवानीशाकमाग्नेयंरुच्यंवातकफप्रणुत् |
उष्णंकटुचतिक्तंचपित्तलंलघुशूलहृत् ||२८||

Rasa (Taste): *Kaṭu*(Pungent) and *tikta* (bitter).
Guṇa(Physical property): *Laghu* (light).
Vīrya (Potency):*Ūśana* (hot).
Effect on Tridōśa: Pacifies *vāta* and *kapha* but aggravates *pitta*.
Action: Appetizer.
Therapeutics: Colic.

9.20: *Dadrughnapatra* (Leaves of *Cassia tora* L.)

दद्रुघ्नपत्रंदोषघ्नमस्रवातकफापहम् |
कण्डूकासक्रिमिश्वासदद्रुकुष्ठप्रणुल्लघु ||२९||

Rasa (Taste): *Amla* (sour).
Guṇa(Physical property): *Laghu* (Light) and *rūkśa* (ununctuous).
Vīrya (Potency):*Ūśana* (hot).
Effect on Tridōśa: Pacifies *kapha* and *vāta*.
Therapeutics: Pruritis, cough, worm infestation, asthma, ringworm and skin diseases.

9.21: *Sēhuṇḍa-Euphorbia neriifolia* L. (Euphorbiaceae)

सेहुण्डस्यदलंतीक्ष्णंदीपनंरोचनंहरेत् |
आध्मानाष्ठीलिकागुल्मशूलशोथोदराणिच ||३०||

Guṇa(Physical property): *Tīkśana*.
Vīrya (Potency):*Ūśana* (hot).
Effect on Tridōśa: Pacifies *kapha* and *vāta*.
Actions: Laxative and appetizer.
Therapeutics: Flatulence, enlarged prostate, abdominal tumor, colic, edema and abdominal diseases.

9.22: *Parpata-Fumaria officinalis* L. (Papaveraceae)

पर्पटोहन्तिपित्तास्रज्वरतृष्णाकफभ्रमान् ।
संग्राहीशीतलस्तिक्तोदाहनुद्वातलोलघु ॥३१॥

***Rasa* (Taste):** *Tikta* (Bitter).
***Guṇa*(Physical property):** *Laghu* (light).
***Vīrya* (Potency):** *Śīta* (cold).
Effect on *Tridōśa*: Pacifies *kapha* and *pitta* but aggravates *vāta*.
Therapeutics: Blood diseases, fever, excessive thirst, vertigo and burning sensation.

9.23: *Gōjihvā-Onosma bracteatum* L. (Boraginaceae)

गोजिह्वाकुष्ठमेहास्रकृच्छ्रज्वरहरीलघुः ॥३२॥

***Guṇa*(Physical property):** *Laghu* (light).
Therapeutics: Blood diseases, dysuria and fever.

9.24: *Paṭōlapatra-Trichosanthes dioica* Roxb. (Cucurbitaceae)

पटोलपत्रंपित्तघ्नंदीपनंपाचनंलघु ।
स्निग्धंवृष्यंतथोष्णंचज्वरकासक्रिमिप्रणुत् ॥३३॥

***Guṇa*(Physical property):** *Laghu* (light) and *snigdha* (unctuous).
***Vīrya* (Potency):** *Ūśana* (hot).
Effect on *Tridōśa*: Pacifies *pitta*.
Action: Appetizer, digestive and spermopiotic.
Therapeutics: Fever, cough and worm infestation.

9.25: *Guḍūcīpatra* (Leaves of *Tinospora cordifolia* (Thunb.) Miers)

गुडूचीपत्रमाग्नेयंसर्वज्वरहरंलघु।
कषायंकटुतिक्तंचस्वादुपाकंरसायनम् ॥३४॥
बल्यमुष्णंचसंग्राहिहन्याद्दोषत्रयंतृषाम्।
दाहप्रमेहवातासृक्कामलाकुष्ठपाण्डुताः ॥३५॥

***Rasa* (Taste):** *Kaṭu* (pungent), *tikta* (bitter) and *kśāya* (astringent)
***Guṇa*(Physical property):** *Laghu* (light).
Vīrya* (Potency):Ūśana* (hot).
Vipāka* (Post digestion effect):Madhura* (sweet).
Effect on *Tridōśa*: Pacifies *kapha*, *pitta* and *vāta*.
Actions: Tonic and astringent.
Therapeutics: Fevers, excessive thirst, burning sensation, polyuria, blood diseases, jaundice, skin diseases and anemia.

9.26: *Kāsamarda-Cassia occidentalis* L. (Fabaceae)

कासमर्दोऽरिमर्दश्चकासारिःकर्कशस्तथा।
कासमर्ददलंरुच्यंवृष्यंकासविषास्रनुत्।
मधुरंकफवातघ्नंपाचनंकण्ठशोधनम्।
विशेषतःकासहरंपित्तघ्नंग्राहकंलघु ॥३६॥

Synonyms: *Aimarda, kāsāri* and *karkaśasta.*
***Rasa* (Taste):** *Madhura* (Sweet).
***Guṇa*(Physical property):** *Laghu* (light).
***Vīrya*(Potency):** *Śīta*(Cold).
Effect on *Tridōśa*: Pacifies *kapha*, *pitta* and *vāta*.
Actions: Appetizer and spemopiotic.
Therapeutics: Cough, poisoning and blood diseases.

9.27: *Caṇakaśāka*

रुच्यंचणकशाकंस्याद्दुर्जरंकफवातकृत् ।
अम्लंविष्टम्भजनकंपित्तनुद्दन्तशोथहृत् ॥३७॥

***Rasa* (Taste):** *Amla* (sour).
***Guṇa*(Physical property):** *Laghu* (light) and *rūkśa* (unctuous).
Effect on *Tridōśa*: Pacifies *pitta* but aggravates *vāta* and *kapha*.
Action: Appetizer.
Therapeutics: Swelling of gums.
Note: It disturbs digestion.

9.28: *Kalāyaśāka*

कलायशाकंभेदिस्याल्लघुतिक्तंत्रिदोषजित् ॥३८॥

***Rasa* (Taste):** *Tikta* (bitter).
***Guṇa*(Physical property):** *Laghu* (light).
***Vīrya*(Potency):** *Śīta*(Cold).
Action: Laxative.

9.29: *Sārṣapaśāka*

कटुकंसार्षपंशाकंबहुमूत्रमलंगुरु ।
अम्लपाकंविदाहिस्यादुष्णंरूक्षंत्रिदोषजित् ।
सक्षारलवणंतीक्ष्णंस्वादुशाकेषुनिन्दितम् ॥३९॥

***Rasa* (Taste):** *Kaṭu* (pungent), *madhura* (sweet) and *lavaṇa* (saline).
***Guṇa* (Physical property):** *Gurū* (heavy), *rūkśa*, *vidāhi* and *tīkśana*.
***Vīrya* (Potency):** *Ūśana* (hot).
Vipāka* (Post digestion effect):Amla* (sour).
Effect on *Tridōśa*: Aggravates *pitta*, *vāta* and *kapha*.
Action: Diuretic and laxative.
Note: It is considered to be inferior among all *Śāka*.

9.30: *Puṣpaśāka-Agastipuṣpa*

अगस्तिकुसुमंशीतंचातुर्थिकनिवारणम् ।
नक्तान्ध्यनाशनंतिक्तंकषायंकटुपाकिच ।
पीनसश्लेष्मपित्तघ्नंवातघ्नंमुनिभिर्मतम् ॥४०॥

Rasa (Taste): *Tikta* (bitter) and *kśāya* (astringent).
Guṇa (Physical property): *Laghu* (light).
Vīrya (Potency): *Sīta* (cold).
Vipāka (Post digestion effect): *Kaṭu* (pungent).
Effect on _Tridōśa_: Pacifies *kapha*, *pitta* and *vāta*.
Therapeutics; Tertian fever, night-blindness and rhinitis.

9.31: *Kadalīpuṣpa* (Flower of *Musa* × *paradisiacal* L.)

कदल्याःकुसुमंस्निग्धंमधुरंतुवरंगुरु ।
वातपित्तहरंशीतंरक्तपित्तक्षयप्रणुत् ॥४१॥

Rasa (Taste): *Madhura* (sweet) and *kśāya* (astringent).
Guṇa (Physical property): *Gurū* (heavy) and *snigdha*.
Vīrya (Potency): *Sīta* (cold).
Effect on _Tridōśa_: Pacifies *pitta* and vāta.
Therapeutics; Epistaxis and phthisis.

9.32.1: *Śōbhāñjanapuṣpa* (Flower of *Moringa oleifera* Lam.)

शिग्रोःपुष्पंतुकटुकंतीक्ष्णोष्णंस्नायुशोथकृत् ।
कृमिहृत्कफवातघ्नंविद्रधिप्लीहगुल्मजित् ।
मधुशिग्रोस्त्वक्षिहितंरक्तपित्तप्रसादनम् ॥४२॥

Rasa (Taste): *Kaṭu* (pungent).

***Guṇa* (Physical property):** *Tīkśana*.
***Vīrya* (Potency):** *Ūśana* (hot).
Effect on *Tridōśa*: Pacifies *kapha* and *vāta*.
Therapeutics: Inflammation of ligaments, abscess, spleen diseases and abdominal tumor.

9.32.2: *Madhuśigrupushpa*

Therapeutics: Eye diseases and epistaxis.

9.33: *Śālmalīpuṣpa* (Flower of *Bombax malabaricum* DC.)

शाल्मलीपुष्पशाकंतुघृतसैन्धवसाधितम् ।
प्रदरंनाशयत्येवदुःसाध्यंचनसंशयः ॥४३॥
रसेपाकेचमधुरंकषायंशीतलंगुरु ।
कफपित्तास्रजिद्ग्राहिवातलंचप्रकीर्तितम् ॥४४॥

***Rasa* (Taste):** *Madhura* (Sweet) and *kśāya* (astringent).
***Guṇa* (Physical property):** *Gurū* (heavy) and *vidāhi*.
***Vīrya* (Potency):** *Sīta* (cold).
Vipāka* (Post digestion effect):Madhura* (sweet).
Effect on *Tridōśa*: Pacifies Kapha and Pitta but aggravates *vāta*.
Action: Astringent.
Therapeutics: Diseases of the blood. The flower of *śālmalī* when given with *ghṛta* and *saindhava* (black salt)curesmenorrhagia.

Phalaśāka

9.34.1: *Kūṣmāṇḍa-Benincasa cerifera* Savi. (Cucurbitaceae)

कूष्माण्डंस्यात्पुष्पफलंपीतपुष्पंबृहत्फलम् ।
कूष्माण्डंबृंहणंवृष्यंगुरुपित्तास्रवातनुत् ।

बालंपित्तापहंशीतंमध्यमंकफकारकम् ||४५||
वृद्धंनातिहिमंस्वादुसक्षारंदीपनंलघु |
बस्तिशुद्धिकरंचेतोरोगहृत्सर्वदोषजित् ||४६||

Synonyms: *Puṣpaphala, pītapuṣpa* and *bṛhatphala.*
***Guṇa* (Physical property):** *Gurū* (heavy).
***Vīrya* (Potency):** *Sīta* (cold).
Effect on *Tridōśa*: Pacifies *vāta* and *pitta*.
Action: Tonic and aphrodisiac.
Therapeutics: Diseases of the blood.

9.34.2: Unripe *Kūṣmāṇḍa*

***Vīrya* (Potency):** *Sīta* (cold).
Effect on *Tridōśa*: Pacifies *pitta*.

9.34.3: *Kūṣmāṇḍa* of intermediate stage

Effect on *Tridōśa*: Aggravates *kapha*.

9.34.4: Ripe *Kūṣmāṇḍa*

***Rasa* (Taste):** *Madhura* (sweet).
***Guṇa* (Physical property):** *Laghu* (light).
***Vīrya* (Potency):** *Sīta* (cold).
Action: Appetizer.
Therapeutics: Mental disorders.
Note: Ripe *kūṣmāṇḍa* purifies the urinary bladder.

9.35.1: *Kūṣmāṇḍī-Cucurbita pepo L. (*Cucurbitaceae)

कूष्माण्डीतुभृशंलघ्वीकर्कारुरपिकीर्तिता |
कर्कारुर्ग्राहिणीशीतारक्तपित्तहरागुरुः |
पक्वातिक्ताऽग्निजननीसक्षाराकफवातनुत् ||४७||

Synonyms: *Karkārura*.
***Guṇa* (Physical property):** *Gurū* (Heavy).
***Vīrya* (Potency):** *Sīta* (cold).
Action: Astringent.
Therapeutics: Epistaxis.

9.35.2: Ripe *Kūṣmāṇḍī*

***Rasa* (Taste):** *Tikta* (Bitter).
***Guṇa* (Physical property):** *Laghu* (light).
Action: Appetizer.

9.36: *Alābū- Lageneria siceraria* (Mol.) (Cucurbitaceae)

अलाबूःकथितातुम्बीद्विधादीर्घाचवर्तुला।
मिष्टतुम्बीफलंहृद्यंपित्तश्लेष्मापहंगुरु।
वृष्यंरुचिकरंप्रोक्तंधातुपुष्टिविवर्धनम्॥४८॥

Synonyms: *Tumbī*.
Type:1. *Dīrghā* and2. *Vartulā*.
***Guṇa* (Physical property):** *Gurū* (heavy).
Action: Cardiac tonic, nutritive and spermopiotic.
Effect on *Tridōśa*: Pacifies *kapha* and *pitta*.
Therapeutics: Beneficial for eyes and seminal diseases.

9.37: *Kaṭu tumbi*-Bitter variety of *alābū*

इक्ष्वाकुःकटुतुम्बीस्यात्सातुम्बीचमहाफला।
कटुतुम्बीहिमाहृद्यापित्तकासविषापहा।
तिक्ताकटुर्विपाकेचवातपित्तज्वरान्तकृत्॥४९॥

Synonyms: *Kaṭutumbī, tumbī* and *mahāphalā*.
***Rasa* (Taste):** *Tikta* (bitter).
***Guṇa* (Physical property):** *Laghu* (light) and *tīkśana*.

***Vīrya* (Potency):** *Sīta* (cold).
Vipāka* (Post digestion effect):Kaṭu* (pungent).
Effect on *Tridōśa*: Pacifies *pitta*.
Action: Cardiac tonic.
Therapeutics: Cough, poisoning and fever caused by vitiation of *vāta* and *pitta*.

9.37.1: *Karkaṭī-Cucumis ultilissimus* L. (Cucurbitaceae)

एर्वारुःकर्कटीप्रोक्ताकथ्यन्तेतद्गुणाअथ |
कर्कटीशीतलारूक्षाग्राहिणीमधुरागुरुः |
रुच्यापित्तहरासामापक्वातृष्णाऽग्निपित्तकृत् ||५०||

Synonyms: *Ērvāru.*
***Rasa* (Taste):** *Madhura* (sweet).
***Guṇa* (Physical property):** *Gurū* (heavy) and *rūkśa.*
***Vīrya* (Potency):** *Sīta* (cold).
Effect on *Tridōśa*: Pacifies *pitta*.
Action: Astringent and appetizer.

9.37.2: Unripe *Karkaṭī*

Effect on *Tridōśa*: Aggravates *pitta*.
Action: Appetizer.
Therapeutics: Excessive thirst.

9.38: *Cicinḍa-Tricosanthes anguina* L. (Cucurbitaceae)

चिचिण्डःश्वेतराजिःस्यात्सुदीर्घोगृहकूलकः |
चिचिण्डोवातपित्तघ्नोबल्यःपथ्योरुचिप्रदः |
शोषणोऽतिहितःकिञ्चिद्गुणैर्न्यूनःपटोलतः ||५१|

Synonyms:*Śvētarāji, syātsudīrgha* and *gṛhakūlaka.*
***Guṇa* (Physical property):** *Rūkśa* and *tīkśana.*
Effect on *Tridōśa*: Pacifies *vāta* and *pitta*.

Action: Tonic and appetizer.
Therapeutics: Consumption.

9.39.1: *Kāravēlla-Momordica charantia* L.
(Cucurbitaceae)

कारवेल्लंकठिल्लंस्यात्कारवेल्लीततोलघुः।
कारवेल्लंहिमंभेदिलघुतिक्तमवातलम्।
ज्वरपित्तकफास्रघ्नंपाण्डुमेहकृमीन्हरेत्।
तद्गुणाकारवेल्लीस्याद्विशेषाद्दीपनीलघुः ॥५२॥

Synonyms: *Kaṭhilla*.
***Rasa* (Taste):** *Tikta* (Bitter).
***Guṇa* (Physical property):** *Laghu* (Light).
***Vīrya* (Potency):** *Sīta* (cold).
Effect on *Tridōśa*: Pacifies *kapha* and *pitta*.
Action: Laxative and anthelmintic.
Therapeutics: Blood diseases, anemia and polyuria.

9.39.2: *Kārvellī*

***Rasa* (Taste):** *Tikta* (Bitter).
***Guṇa* (Physical property):** *Laghu* (Light).
***Vīrya* (Potency):** *Sīta* (cold).
Effect on *Tridōśa*: Pacifies *kapha* and *pitta*.
Action: Laxative and anthelmintic.
Therapeutics: Blood diseases, anemia and polyuria.

9.40: *Mahākōśātakī-Luffa aegyptiaca* Mill.
(Cucurbitaceae)

महाकोशातकीप्रोक्ताहस्तिघोषामहाबला।

धामार्गवोघोषकश्चहस्तिपर्णश्चसस्मृतः।
महाकोशातकीस्निग्धारक्तपित्तानिलापहा ॥५३॥

Synonyms: *Hastighōṣā, mahābalā, dhāmārgava, ghōṣaka* and *hastiparṇa.*
***Guṇa* (Physical property):** *Snigdha.*
Effect on *Tridōśa*: Pacifies *vāta.*
Therapeutics: Epistaxis.

9.41: *Rājakōśātakī-Luffa acutangula* (L.) Roxb. (Cucurbitaceae)

धामार्गवःपीतपुष्पोजालिनीकृतवेधना।
राजकोशातकीचेतितथोक्ताराजिमत्फला ॥५४॥
राजकोशातकीशीतामधुराकफवातकृत्।
पित्तघ्नीदीपनीश्वासज्वरकासकृमिप्रणुत् ॥५५॥

Synonyms: *Dhāmārgava, pītapuṣpa, jālinī, kṛtavēdhanā* and *rājimatphalā.*
***Rasa* (Taste):** *Madhura* (sweet).
***Vīrya* (Potency):** *Sīta* (cold).
Effect on *Tridōśa*: Pacifies *pitta.*
Action: Appetizer.
Therapeutics: Asthma, fever, coughs and worm infestation.

9.42.1: *Patōla-Trichosanthes dioica* Roxb. (Cucurbitaceae)

पटोलःकूलकस्तिक्तःपाण्डुकःकर्कशच्छदः।
राजीफलःपाण्डुफलोराजेयश्चामृतफलः।
बीजगर्भःप्रतीकश्चकुष्ठहाकासभञ्जनः ॥५६॥
पटोलंपाचनंहृद्यंवृष्यंलघ्वग्निदीपनम्।
स्निग्धोष्णंहन्तिकासास्रज्वरदोषत्रयक्रिमीन् ॥५७॥

पटोलस्यभवेन्मूलंविरेचनकरंसुखात्।
नालंश्लेष्महरंपत्रंपित्तहारीफलंपुनः।
दोषत्रयहरंप्रोक्तंतद्वत्तिक्तापटोलिका ||५८||

Synonyms: *Kūlakastikta, pāṇḍuka, karkaśacchada, rājīphala, pāṇḍuphala, rājēyam, āmṛtaphala, bījagarbha, pratīka, kuṣṭhahā* and *kāsabhañjana.*
***Rasa* (Taste):** *Madhura* (Sweet).
***Guṇa* (Physical property):** *Laghu* (light) and *snigdha.*
***Vīrya* (Potency):** *Ūśana* (hot).
Effect on *Tridōśa*: Pacifies *vāta*, *pitta* and *kapha.*
Action: Cardiac tonic, spermopiotic and appetizer.
Therapeutics: Cough, fever and worm infestation.

9.42.2: Root of *Patōla*

Action: Laxative.

9.42.3: Stalk of *Patōla*

Effect on *Tridōśa*: Pacifies *pitta*.

9.42.4: Root of *Patōla*

Action: Laxative.

9.42.5: Fruit of *Patōla*

Effect on *Tridōśa*: Pacifies *vāta*, *pitta* and *kapha*.

9.42.6: Bitter variety of *Patōla*

Synonyms: *Patōlikā.*
***Rasa* (Taste):** *Tikta* (bitter).
***Guṇa* (Physical property):** *Laghu* (light) and *snigdha.*
***Vīrya* (Potency):** *Ūśana* (hot).

Effect on *Tridōśa*: Pacifies *vāta*, *pitta* and *kapha*.
Action: Cardiac tonic, spermopiotic and appetizer.
Therapeutics: Cough, fever and worm infestation.

9.43: *Bimbī-Coccinia indica* Wight & Arn.
(Cucurbitaceae)

बिम्बीरक्तफलातुण्डीतुण्डीकेरीचबिम्बिका।
ओष्ठोपमफलाप्रोक्तापीलुपर्णीचकथ्यते ॥५९॥
बिम्बीफलंस्वादुशीतंगुरुपित्तास्रवातजित्।
स्तम्भनंलेखनंरुच्यंविबन्धाध्मानकारकम् ॥६०॥

Synonyms: *Raktaphalā, tuṇḍī, tuṇḍīkērī, bimbikā, ōṣṭhōpamaphalā* and *pīluparṇī.*
***Rasa* (Taste):** *Madhura* (sweet).
***Guṇa* (Physical property):** *Gurū* (heavy).
***Vīrya* (Potency):** *Sīta* (cold).
Effect on *Tridōśa*: Pacifies *vāta* and *pitta*.
Action: Astringent and appetizer.
Therapeutics: Diarrhoea, obesity and blood diseases.
Note: *Bimbī* leads to tympanites.

9.44.1: *Śimbī*

शिम्बिःशिम्बीपुस्तशिम्बीतथापुस्तकशिम्बिका।
शिम्बीद्वयंचमधुरंरसेपाकेहिमंगुरु।
बल्यंदाहकरंप्रोक्तंश्लेष्मलंवातपित्तजित् ॥६१॥

***Rasa* (Taste):** *Madhura* (Sweet).
***Guṇa* (Physical property):** *Gurū* (heavy).
***Vipāka* (Post digestion effect):** *Madhura* (sweet).
Effect on Tridōśa: Pacifies *vāta* and *pitta*.
Action: Tonic.
Note: *Śimbī*lead to burning sensation.

9.44.1: *Śimbībheda*

Synonyms: *Pustaśimbī* and *pustakaśimbikā.*
***Rasa* (Taste):** *Madhura* (Sweet).
***Guṇa* (Physical property):** *Gurū* (heavy).
***Vipāka* (Post digestion effect):** *Madhura* (sweet).
Effect on *Tridōśa*: Pacifies *vāta* and *pitta.*
Action: Tonic.
Note: It lead to burning sensation.

9.45: *Kōlaśimbī-Canavalia gladiata* (Jacq.) DC. (Fabaceae)

कोलशिम्बिःकृष्णफलातथापर्यङ्कपट्टिका।
कोलशिम्बिःसमीरघ्नीगुर्व्युष्णाकफपित्तकृत्।
शुक्राग्निसादकृत्वृष्यारुचिकृद्बद्धविड्गुरुः ॥६२॥

Synonyms: *Kṛṣṇaphalā* and *paryaṅkapaṭṭikā.*
***Guṇa* (Physical property):** *Gurū* (heavy).
***Vīrya* (Potency):** *Sīta* (cold).
Effect on *Tridōśa*: Pacifies *vāta* but aggravates *kapha* and *pitta.*
Action: Spermopiotic and appetizer.
Therapeutics: Diarrhoea.
Note: *Kōlaśimbī* is harmful for semen and digestive fire.

9.46: *Śōbhāñjanaphala* (Fruit of *Moringa olifera*)

फलंसौभाञ्जनंस्वादुकषायंकफपित्तनुत्।
शूलकुष्ठक्षयश्वासगुल्महृद्दीपनंपरम् ॥६३॥

***Rasa* (Taste):** *Madhura* (Sweet) and *kśāya* (astringent).
***Guṇa* (Physical property):** *Rūkśa.*
***Vīrya* (Potency):** *Ūśana* (hot).
Effect on *Tridōśa*: Pacifies *pitta* and *kapha.*

Action: Appetizer.
Therapeutics: Colic, skin diseases, phthisis, asthma and abdominal tumor.

9.47.1: *Vṛntāka-Solanum melongena* L. (Solanaceae)

वृन्ताकंस्त्रीतुवार्त्ताकुर्भण्टाकीभाण्टिकापिच।
वृन्ताकंस्वादुतीक्ष्णोष्णंकटुपाकमपित्तलम्।
ज्वरवातबलासघ्नंदीपनंशुक्रलंलघु ॥६४॥
तद्बालंकफपित्तघ्नंवृद्धंपित्तकरंलघु।
वृन्ताकंपित्तलंकिञ्चिदङ्गारपरिपाचितम् ॥६५॥
कफमेदोऽनिलामघ्नमत्यर्थंलघुदीपनम्।
तदेवहिगुरुस्निग्धंसतैलंलवणान्वितम् ॥६६॥
अपरंश्वेतवृन्ताकंकुक्कुटाण्डसमंभवेत्।
तदर्शःसुविशेषेणहितंहीनंचपूर्वतः ॥६७॥

Synonyms: *Vārttāku, bhaṇṭākī* and *bhāṇṭikā.*
Rasa **(Taste):** *Madhura* (sweet).
Guṇa **(Physical property):** *Laghu* (light), *tikśana* and *rūkśa.*
Vīrya **(Potency):** *Ūśana* (hot).
Vipāka **(Post digestion effect):***Kaṭu* (pungent).
Effect on *Tridōśa*: Pacifies *vāta* and *kapha* but aggravtes *pitta.*
Action: Appetizer and spemopiotic.
Therapeutics: Fever.

9.47.2: Small fruit of *Vṛntāka*

Effect on *Tridōśa*: Pacifies *pitta* and *kapha.*

9.47.3: Large fruit of *Vṛntāka*

Guṇa **(Physical property):** *Gurū* (*heavy*).
Effect on *Tridōśa*: Aggravates *pitta*.

9.47.4: *Vṛntāka* fried on fire

***Rasa* (Taste):** *Madhura* (Sweet).
***Guṇa* (Physical property):** *Laghu* (light).
Vipāka* (Post digestion effect):Kaṭu* (pungent).
Effect on *Tridōśa*: Aggravates *pitta*.
Action: Appetizer.
Therapeutics: Indigestion and obesity.

9.47.4: *Vṛntāka* fried on fire containing *taila* and *lavaṇa*

***Guṇa* (Physical property):** *Gurū* (heavy) and *snigdha*.

9.47.5: *Śvētavṛntāka*-White variety of *Vṛntāka*

Therapeutics: Hemorrhoids.
Note: *Śvētavṛntāka* is inferior as compared to *vṛntāka*.

9.48: *Ḍiṇḍiśa-Citrullus vulgaris* L. (Cucurbitaceae)

डिण्डिशोरोमशफलोमुनिनिर्मितइत्यपि।
डिण्डिशोरुचिकृद्भेदीपित्तश्लेष्मापहःस्मृतः।
शीतलोवातकृद्रूक्षोमूत्रलश्चाश्मरीहरः ॥६८॥

Synonyms: *Rōmaśaphala* and *muninirmita*.
***Guṇa* (Physical property):** *Rūkśa*.
***Vīrya* (Potency):** *Sīta* (cold).
Vipāka* (Post digestion effect):Kaṭu* (pungent).
Effect on *Tridōśa*: Pacifies *kapha* and *pitta* but aggravates *vāta*.
Action: Appetizer, diuretic and laxative.
Therapeutics: Calculus.

9.49: *Piṇḍāra-Trewia nudiflora* L. (Euphorbiaceae)

पिण्डारंशीतलंबल्यंपित्तघ्नंरुचिकारकम् |
पाकेलघुविशेषेणविषशान्तिकरंस्मृतम् ||६९||

***Vīrya* (Potency):** *Sīta* (cold).
***Guṇa* (Physical property):** *Laghu* (light).
Effect on *Tridōśa*: Pacifies *pitta*.
Action: Tonic and appetizer.
Therapeutics: Poisoning.

9.50: *Karkōṭī-Momordica dioica* Roxb. ex Willd. (Cucurbitaceae)

कर्कोटकीपीतपुष्पामहाजालीतिचोच्यते |
कर्कोटीमलहृत्कुष्ठहल्लासारुचिनाशिनी |
श्वासकासज्वरान्हन्तिकटुपाकाचदीपनी ||७०||

Synonyms: *Pītapuṣpā* and *mahājālīti.*
***Rasa* (Taste):** *Madhura* (Sweet) and *kśāya* (astringent).
***Guṇa* (Physical property):** *Rūkśa*.
Vipāka* (Post digestion effect):Kaṭu* (pungent).
Effect on *Tridōśa*: Pacifies *pitta* and *kapha*.
Action: Appetizer and laxative.
Therapeutics: Skin diseases, nausea, anorexia, asthma, cough and fever.

9.51: *Ḍōḍikā-Leptadenia reticulata* W.and A. (Asclepiadaceae)

डोडिकाविषमुष्टिश्चडोडीत्यपिसुमुष्टिका |
डोडिकापुष्टिदावृष्यारुच्यावह्निप्रदालघुः |
हन्तिपित्तकफार्शांसिकृमिगुल्मविषामयान् ||७१||

Synonyms: *Viṣamuṣṭi, ḍōḍī* and *sumuṣṭikā.*
***Rasa* (Taste):** *Madhura* (sweet) and *kśāya* (astringent).
Vipāka* (Post digestion effect):Kaṭu* (pungent).
Effect on *Tridōśa*: Pacifies *pitta* and *kapha*.
Action: Nutritive, tonic and appetizer.
Therapeutics: Hemorrhoids, worm infestation, abdominal tumor and poisoning.

9.52: *Kaṇṭakārīphala* (Fruit of *Solanum xanthocarpum* Schrad. and Wendl (Solanaceae)

कण्टकारीफलंतिक्तंकटुकंदीपनंलघु।
रूक्षोष्णंश्वासकासघ्नंज्वरानिलकफापहम् ॥७२॥

***Rasa* (Taste):** *Tikta* (bitter) and *kaṭu* (pungent).
***Guṇa* (Physical property):** *Rūkśa* and *laghu* (light).
***Vīrya* (Potency):** *Ūśana* (hot).
Effect on *Tridōśa*: Pacifies *pitta* and *kapha*.
Action: Appetizer.
Therapeutics: Asthma, cough and fever.

Nālaśāka

9.53: *Sārṣapanāla*

तीक्ष्णोष्णंसार्षपंनालंवातश्लेष्मव्रणापहम्।
कण्डूवमिहरंदद्रुकुष्ठघ्नंरुचिकारकम् ॥७३॥

***Guṇa* (Physical property):** *Tīkśana.*
***Vīrya* (Potency):** *Ūśana* (hot).
Effect on *Tridōśa*: Pacifies *vāta* and *kapha*.
Action: Appetizer.
Therapeutics: Pruritis, worm infestation, burning sensation and skin diseases.

Kandaśāka

9.54: *Sūraṇa-Amorphophallus campanulatus* (Roxb.) Blume (Araceae)

सूरणःकन्दओलश्चकन्दलोऽर्शोघ्नइत्यपि |
सूरणोदीपनोरूक्षःकषायःकण्डुकृत्कटुः |
विष्टम्भीविशदोरुच्यःकफार्शःकृन्तनोलघुः ||७४||
विशेषादर्शसेपथ्यःप्लीहगुल्मविनाशनः |
सर्वेषांकन्दशाकानांसूरणःश्रेष्ठउच्यते ||७५||
दद्रूणांकुष्ठिनांरक्तपित्तिनांनहितोहिसः |
सन्धानयोगंसम्प्राप्तःसूरणोगुणवत्तरः ||७६||

Synonyms: *Kanda, ōla, kandala* and *arśōghna.*
***Rasa* (Taste):** *Kaṭu* (Pungent) and *kśāya* (astringent).
***Guṇa* (Physical property):** *Laghu* (light), *rūkśa* and *viṣada.*
Effect on *Tridōśa*: Pacifies *kapha.*
Action: Appetizer.
Therapeutics: Hemorrhoids, spleen diseases and abdominal tumor.
Contraindications: Ringworm, skin diseases and epistaxis.
Note: When subjected to fermentation or used in form of pickle, *sūraṇa*is more efficacious.

9.55.1: *Āluka-Solanum tuberosum* L. (Solanaceae)

आरुकमप्यालुकंतत्कथितंवीरसेनकम् |
काष्ठालुकशङ्खालुकहस्त्यालुकानिकथ्यन्ते |
पिण्डालुकसप्तालुकरक्तालुकानिचोक्तानि ||७७||
आलुकंशीतलंसर्वंविष्टम्भिमधुरंगुरु |
सृष्टमूत्रमलंरूक्षंदुर्जरंरक्तपित्तनुत् |
कफानिलकरंबल्यंवृष्यंस्वल्पाग्निवर्द्धनम् ||७८||

Synonyms: *Āruka* and *vīrasēnaka*.
Varieties:1. *kāṣṭhālu,* 2. *śaṅkhālu,* 3. *hastyālu,* 4. *piṇḍāluka,* 5. *saptāluka* and6. *raktāluka.*

9.55.2: *Kāṣṭhālu*

Rasa **(Taste):** *Madhura* (sweet).
Guṇa **(Physical property):** *Gurū* (heavy) and *rūkśa*.
Vīrya **(Potency):** *Sīta* (cold).
Effect on *Tridōśa*: Aggravates *vāta* and *kapha*.
Action: Tonic, spermopiotic, laxative, diuretic and appetizer (slight).
Therapeutics: Epistaxis.

9.55.3: *Śaṅkhālu*

Rasa **(Taste):** *Madhura* (sweet).
Guṇa **(Physical property):** *Gurū* (heavy) and *rūkśa*.
Vīrya **(Potency):** *Sīta* (cold).
Effect on *Tridōśa*: Aggravates *vāta* and *kapha*.
Action: Tonic, spermopiotic, laxative, diuretic and appetizer (slight).
Therapeutics: Epistaxis.

9.55.4: *Hastyālu*

Rasa **(Taste):** *Madhura* (sweet).
Guṇa **(Physical property):** *Gurū* (heavy) and *rūkśa*.
Vīrya **(Potency):** *Sīta* (cold).
Effect on *Tridōśa*: Aggravates *vāta* and *kapha*.
Action: Tonic, spermopiotic, laxative, diuretic and appetizer (slight).
Therapeutics: Epistaxis.

9.55.5: *Piṇḍāluka-Dioscorea alata* Linn. (Dioscoreaceae)

Rasa **(Taste):** *Madhura* (sweet).
Guṇa **(Physical property):** *Gurū* (heavy) and *rūkśa*.
Vīrya **(Potency):** *Sīta* (cold).
Effect on *Tridōśa*: Aggravates *vāta* and *kapha*.

Action: Tonic, spermopiotic, laxative, diuretic and appetizer (slight).
Therapeutics: Epistaxis.

9.55.6: *Saptāluka- Dioscorea esculenta* Lour. (Dioscoreaceae)

***Rasa* (Taste):** *Madhura* (sweet).
***Guṇa* (Physical property):** *Gurū* (heavy) and *rūkśa*.
***Vīrya* (Potency):** *Sīta* (cold).
Effect on *Tridōśa*: Aggravates *vāta* and *kapha*.
Action: Tonic, spermopiotic, laxative, diuretic and appetizer (slight).
Therapeutics: Epistaxis.

9.55.7: *Raktāluka-Dioscorea purpurea* Roxb. (Dioscoreaceae)

रक्तालुभेदेयादीर्घातन्वीचपृथुतालुकी।
आलुकीबलकृत्स्निग्धागुर्वीहृत्कफनाशिनी।
विष्टम्भकारिणीतैलेतलिताऽतिरुचिप्रदा ॥७९॥

***Rasa* (Taste):** *Madhura* (sweet).
***Guṇa* (Physical property):** *Gurū* (heavy) and *rūkśa*.
***Vīrya* (Potency):** *Sīta* (cold).
Effect on *Tridōśa*: Aggravates *vāta* and *kapha*.
Action: Tonic, spermopiotic, laxative, diuretic and appetizer (slight).
Therapeutics: Epistaxis.

9.55.8: *Ālukī-Colocasia antiquorum* Schott (Araceae)

Ālukī is a variety of *raktāluka*.
***Rasa* (Taste):** *Madhura* (sweet).
***Guṇa* (Physical property):** *Gurū* (heavy) and *snigdha*.
Effect on *Tridōśa*: Pacifies *kapha*.
Action: Tonic.
Note: 1. It pacifies kapha aggravated in cardiac region.
2. It is difficult to digest.
3. When fried in oil, it acts as appetizer.

9.56.1: *Laghumūlaka-Raphanus sativus* L. (Brassicaceae)

मूलकंद्विविधंप्रोक्तंतत्रैकंलघुमूलकम् |
शालमर्कटकंविस्रंशालेयंमरुसम्भवम् ||८०||
चाणक्यमूलकंतीक्ष्णंतथामूलकपोतिका |
नेपालमूलकंचान्यत्तद्भवेद्गजदन्तवत् ||८१||
लघुमूलंकटूष्णंस्याद्रुच्यंलघुचपाचनम् |
दोषत्रयहरंस्वर्यंज्वरश्वासविनाशनम् ||८२||
नासिकाकण्ठरोगघ्नंनयनामयनाशनम् |
महत्तदेवरूक्षोष्णंगुरुदोषत्रयप्रदम् |
स्नेहसिद्धंतदेवस्याद्दोषत्रयविनाशनम् ||८३||

Synonyms: *Śālamarkaṭaka, visra, śālēya, marusambhava, cāṇakyamūlaka, tīkṣṇa* and *mūlakapōtikā*.
***Rasa* (Taste):** *Kaṭu* (pungent)
***Guṇa* (Physical property):** *Laghu* (light).
***Vīrya* (Potency):** *Sīta* (cold).
Effect on *Tridōśa*: Pacifies *vāta*, *kapha* and *pitta*.
Action: Appetizer and digestive.
Therapeutics: Fever, asthma and diseases of the nose, throat and eyes.

9.56.2: Other variety of *Mūlaka*

Synonyms: *Nēpālamūlaka.*
Guṇa (Physical property): *Gurū* (heavy) and *rūkśa*.
***Vīrya* (Potency):** *Ūśana* (hot).
Effect on *Tridōśa*: Pacifies *vāta*, *kapha* and *pitta*.

9.57: *Gṛñjana- Daucus carota* L. (Apiaceae)

गृञ्जनंगाजरंप्रोक्तंतथानारङ्गवर्णकम् |

गाजरंमधुरंतीक्ष्णंतिक्तोष्णंदीपनंलघु ।
संग्राहिरक्तपित्तार्शोग्रहणीकफवातजित् ॥८४॥

Synonyms: *Gājaraṁ* and *nāraṅgavarṇaka.*
Rasa **(Taste):** *Madhura* (sweet) and *tikta* (bitter).
Guṇa **(Physical property):** *Laghu* (light) and *tīkśana.*
Vīrya **(Potency):** *Ūśana* (hot).
Effect on *Tridōśa*: Pacifies *vāta*, *kapha* and *pitta*.
Action: Appetizer and astringent.
Therapeutics: Epistaxis, hemorrhoids and malabsorption.

9.58: *Kadalīkanda*

शीतलःकदलीकन्दोबल्यःकेश्योऽम्लपित्तजित् ।
वह्निकृद्दाहहारीचमधुरोरुचिकारकः ॥८५॥

Rasa **(Taste):** *Madhura* (sweet).
Vīrya **(Potency):** *Sīta* (cold).
Effect on *Tridōśa*: Pacifies *pitta*.
Action: Tonic and appetizer.
Therapeutics: Hair diseases, hyperacidity and burning sensation.

9.59: *Mānkanda-Alocasia indica* (Roxb.) Schott. (Araceae)

मानकःस्यान्महापत्रःकथ्यन्तेतद्गुणाअथ ।
मानकःशोथहृच्छीतोरक्तपित्तहरोलघुः ॥८६॥

Synonyms: *Mahāpatra.*
Guṇa **(Physical property):** *Laghu* (light).
Therapeutics: Edema and epistaxis.

9.60: *Varāhikanda-Dioscorea bulbifera* L. (Dioscoreaceae)

वाराहीपित्तलाबल्याकट्वीतिक्तारसायनी |
आयुःशुक्राग्निकृन्मेहकफकुष्ठानिलापहा ||८७||

***Rasa* (Taste):** *Tikta* (bitter) and *kaṭu* (pungent).
***Vīrya* (Potency):** *Ūśana* (hot).
Effect on *Tridōśa*: Pacifies *vāta* and *kapha* but aggravates *pitta*.
Action: Tonic, spermopiotic and appetizer.
Therapeutics: Polyuria and skin diseases.

9.61: *Gajakarṇā-Leea macrophylla* Roxb. (Vitaceae)

गजकर्णातुतिक्तोष्णातथावातकफाञ्जयेत् |
शीतज्वरहरीस्वादुःपाकेतस्यास्तुकन्दकः ||८८||
पाण्डुशोथकृमिप्लीहगुल्मानाहोदरापहः |
ग्रहण्यर्शोविकारघ्नोवनसूरणकन्दवत् ||८९||

***Rasa* (Taste):** *Tikta* (bitter).
***Vīrya* (Potency):** *Ūśana* (hot).
Vipāka* (Post digestion effect):Madhura* (sweet).
Effect on *Tridōśa*: Pacifies *vāta* and *kapha*.
Therapeutics: Fever,Anemia, edema, worm infestation, spleen diseases, abdominal tumor, flatulence, abdominal diseases, malabsorption and hemorrhoids.

9.62: *Kēmuka-Costus speciosus*Koen ex. Retz. (Costaceae)

केमुकंकटुकंपाकेतिक्तंग्राहिहिमंलघु |
दीपनंपाचनंहृद्यंकफपित्तज्वरापहम् |

कुष्ठकासप्रमेहास्रनाशनंवातलंकटु ॥९०॥

***Rasa* (Taste):** *Tikta* (bitter) and *kaṭu* (pungent).
***Guṇa* (Physical property):** *Laghu* (light).
***Vīrya* (Potency):** *Sīta* (cold).
Vipāka* (Post digestion effect):Kaṭu* (pungent).
Effect on *Tridōśa*: Pacifies *pitta* and *kapha*.
Action: Astringent, appetizer, digestive and cardiac tonic.
Therapeutics: Fever, skin diseases, cough, polyuria and blood diseases.

9.63.1: *Rājakasēru-Scirpus kysoor* Roxb. (Cyperaceae)

कसेरुद्विविधंतत्तुमहद्राजकसेरुकम् ।
मुस्ताकृतिलघुस्याद्यत्तच्चिचोढमितिस्मृतम् ॥९१॥
कसेरुकद्वयंशीतंमधुरंतुवरंगुरु ।
पित्तशोणितदाहघ्नंनयनामयनाशनम् ।
ग्राहिशुक्रानिलश्लेष्मारुचिस्तन्यकरंस्मृतम् ॥९२॥

***Rasa* (Taste):** *Madhura* (Sweet) and *kśāya* (astringent).
***Guṇa* (Physical property):** *Gurū* (heavy).
***Vīrya* (Potency):** *Sīta* (cold).
Effect on *Tridōśa*: Pacifies *pitta* but aggravates *vāta* and *kapha*.
Action: Astringent and galactagouge.
Therapeutics: Blood diseases, burning sensation, anorexia and eye-diseases.

9.64.2: Small variety of *Kasēru*

Synonyms: *Cicōḍha.*
***Rasa* (Taste):** *Madhura* (Sweet) and *kśāya* (astringent).
***Guṇa* (Physical property):** *Gurū* (heavy).
***Vīrya* (Potency):** *Sīta* (cold).
Effect on *Tridōśa*: Pacifies *pitta* but aggravates *vāta* and *kapha*.
Action: Astringent and galactagouge.
Therapeutics: Blood diseases, burning sensation, anorexia and eye-diseases. .

9.65.1: *Śālūka*

पद्मादिकन्दःशालूकंकरहाटश्चकथ्यते।
मृणालमूलंभिस्साण्डंलजालूकश्चकथ्यते ॥९३॥
शालूकंशीतलंवृष्यंपित्तदाहास्रहृद्गुरु।
दुर्जरंस्वादुपाकश्चस्तन्यानिलकफप्रदम्।
संग्राहिमधुरंरूक्षंभिस्साण्डमपितद्गुणम् ॥९४॥

Synonyms: *Padmādikanda* and *karahāṭa*.
***Rasa* (Taste):** *Madhura* (sweet).
***Guṇa* (Physical property):** *Gurū* (heavy) and *rūkśa*.
***Vīrya* (Potency):** *Sīta* (cold).
Vipāka* (Post digestion effect):Madhura* (sweet).
Effect on *Tridōśa*: Pacifies *pitta* but aggravates *vāta* and *kapha*.
Action: Astringent and galactagouge.
Therapeutics: Blood diseases and burning sensation

9.65.2: *Bhissāṇḍa*

***Rasa* (Taste):** *Madhura* (sweet).
***Guṇa* (Physical property):** *Gurū* (heavy) and *rūkśa*.
***Vīrya* (Potency):** *Sīta* (cold).
Vipāka* (Post digestion effect):Madhura* (sweet).
Effect on *Tridōśa*: Pacifies *pitta* but aggravates *vāta* and *kapha*.
Action: Astringent and galactagouge.
Therapeutics: Blood diseases and burning sensation.

9.66: Some definitions

बालंह्यनार्तवंजीर्णंव्याधितंकृमिभक्षितम्।
कन्दंविवर्जयेत्सर्वंयद्वाऽग्न्यादिविदूषितम् ॥९५॥
अतिजीर्णमकालोत्थंरूक्षासिद्धमदेशजम्।
कर्कशंकोमलंचातिशीतव्यालादिदूषितम्।

संशुष्कंसकलंशाकंनाश्नीयान्मूलकंविना ||९६||

1. *Śāka* if unripe, not obtained from proper time, old, diseases, spoiled by insects and polluted by fire should not be consumed.
2. *Śāka* if old, originating from dirty place, hard, soft, originating in cold season and spoiled by animals should be discarded.

Saṁsvēdaja śākā

9.67: *Bhūmicchatra-Agaricus campestris* L. (Agaricaceae)

उक्तंसंस्वेदजंशाकंभूमिच्छत्रंशिलीन्ध्रकम् |
क्षितिगोमयकाष्ठेषुवृक्षादिषुतदुद्भवेत् ||९७||
सर्वेसंस्वेदजाःशीतादोषलाःपिच्छिलाश्चते |
गुरवश्छर्द्यतीसारज्वरश्लेष्मामयप्रदाः ||९८||
श्वेताशुभ्रस्थलीकाष्ठवंशगोव्रणसम्भवाः |
नातिदोषकरास्तेस्युःशेषास्तेभ्योविगर्हिताः ||९९||

Synonyms: *Śilīndhrakam*.
Origin: It originated from earth, dung, bark and trees.
***Guṇa* (Physical property):** *Gurū* (Heavy) and *picila*.
Effect on *Tridōśa*: Pacifies *kapha*.
Therapeutics: Vomiting, diarrhea and fever.

Note: 1. *Saṁsvēdaja śākā*having white color, originating from hygienic places, bark, bamboo and animal dung are not harmful to some extent.

2. *Saṁsvēdaja śākā*originating from unhygienic places are harmful.

Chapter 10: *Māṁsavarga*

10.1: *Māṁsa* in general

मांसंतुपिशितंक्रव्यमामिषंपललंपलम्।
मांसंवातहरंसर्वंबृंहणंबलपुष्टिकृत्।
प्रीणनंगुरुहृद्यञ्चमधुरंरसपाकयोः।१।

Synonyms: *Piśita, kravya, māmiṣa, palala* and *pala.*
***Rasa* (Taste):** *Madhura* (sweet).
***Guṇa* (Physical property):** *Gurū* (heavy).
Vipāka* (Post digestion effect):Madhura* (Sweet).
Effect on *Tridōśa*: Pacifies *vāta*.
Action (s): Tonic, nutritive and cardiac tonic.

10.2: Types of *Māṁsa*

मांसवर्गोद्विधाज्ञेयोजाङ्गलानूपभेदतः ॥१॥

1. *Jāṅgalā*: *Māṁsa* obtained from animal living in forests.
2. *Ānūpa*: *Māṁsa* obtained from animal living in water or in vicinity to water.

10.3: Types of *Jāṅgalā Māṁsa*

मांसवर्गोऽत्रजङ्घालाबिलस्थाश्चगुहाशयाः।
तथापर्णमृगाज्ञेयाविष्किराःप्रतुदस्तथा।
प्रसहाअथचग्राम्याअष्टौजाङ्गलजातयः ॥२॥
जाङ्गलामधुरारूक्षास्तुवरालघवस्तथा।
बल्यास्तेबृंहणंवृष्यादीपनादोषहारिणः ॥३॥
मूकतांमिन्मिनत्वंचगद्गदत्वार्दितेतथा।
बाधिर्यमरुचिच्छर्दिप्रमेहमुखजान्मदान्।

श्लीपदंगलगण्डञ्चनाशयत्यनिलामयान् ||४||

1. *Jaṅghālā*: These animals walk with help of thighs.
2. *Bilasthā*: These animals live in openings.
3. *Guhāśayā*: These animals live in calves.
4. *Parṇamṛgā:* These animals climb the trees.
5. *Viṣkirā:* These animals eat by digging.
6. *Pratuda:* These animals eat with help of beak.
7. *Prasahā:* These animals eat by snatching the prey.
8. *Grāmyā:* These animals live in towns.

10.4: *Jāṅgalā Māṁsa*

***Rasa* (Taste):** *Madhura* (Sweet) and *kśāya* (astringent).
***Guṇa* (Physical property):** *Laghu* (*light*) and *rūkśa*.
Vīrya* (Potency):Śīta* (cold).
Effect on *Tridōśa*: Pacifies *vāta*.
Action (s): Tonic, nutritive, appetizer and spermopiotic.
Therapeutics: Speech disorders, facial paralysis, deafness, anorexia, vomiting, polyuria, diseases of the throat, filariaisis, goiter and diseases caused by vitiation of *vāta*.

10.5: *Anūpavarga*

कूलेचराःप्लवाश्चापिकोशस्थाःपादिनस्तथा |
मत्स्याएतेसमाख्याताःपञ्चधानूपजातयः ||५||
अनूपामधुराःस्निग्धागुरवोवह्निसादनाः |
श्लेष्मलाःपिच्छिलाश्चापिमांसपुष्टिप्रदाभृशम् |
तथाऽभिष्यन्दिनस्तेहिप्रायःपथ्यतमाःस्मृताः ||६||
हरिणैणकुरङ्गर्ष्यपृषतन्यंकुशम्बराः |
राजीवोऽपिचमुण्डीचेत्याद्याजङ्घालसंज्ञकाः ||७||
हरिणस्ताम्रवर्णःस्यादेणःकृष्णःप्रकीर्तितः |
ईषत्ताम्रःकुरङ्गस्यादेणतुल्याकृतिर्महान् ||८||
ऋष्योनीलाङ्गकोलोकेसरोझइतिकीर्तितः |
पृषतश्चन्द्रबिन्दुःस्याद्धरिणात्किञ्चिदल्पकः ||९||

न्यङ्कुर्बहुविषाणोऽथशम्बरोगवयोमहान् |
राजीवस्तुमृगोज्ञेयोराजिभिःपरितोवृतः |
योमृगःशृङ्गहीनःस्यात्समुण्डीतिनिगद्यते ||१०||
जङ्घालाःप्रायशःसर्वेपित्तश्लेष्महराःस्मृताः |
किञ्चिद्वातकराश्चापिलघवोबलवर्द्धनाः ||११||

1. *Kūlēcarā*: These animals walk across corners of rivers.
2. *Plavā*: These animals swim in water.
3. *Kōśasthā*: These live inside bills.
4. *Pādina*: These animals live in water and have feet.
5. *Matsya*: These include fish.

10.6: *Anūpa Māṁsa*

Rasa (Taste): *Madhura* (Sweet).
Guṇa (Physical property): *Gurū* (heavy), *snigdha*, *abhiśyandi* and
Vīrya (Potency):*Śīta* (cold).
Effect on _Tridōśa_: Aggravates *kapha*.
Action (s): Nutritive.

Bilēśaya

गोधाशशभुजङ्गाखुशल्लक्याद्याबिलेशयाः |
बिलेशयावातहरामधुरारसपाकयोः |
बृंहणाबद्धविण्मूत्रावीर्योष्णाश्चप्रकीर्त्तिताः ||१२||

Animals included: *Gōdhā, śaśa, bhujaṅga, akhu* and *śallakya.*
Rasa (Taste): *Madhura* (sweet).
Vīrya (Potency):*Ūśaṇa* (hot).
Effect on _Tridōśa_: Pacify *vāta*.
Action (s): Nutritive, diuretic and laxative.

Guhāśaya

सिंहव्याघ्रवृकाऋक्षतरक्षुद्वीपिनस्तथा |
बभ्रुजम्बूकमार्जाराइत्याद्याःस्युर्गुहाशयाः ||१३||
गुहाशयावातहरागुरूष्णामधुराश्चते |
स्निग्धाबल्याहितानित्यंनेत्रगुह्यविकारिणाम् ||१४||

Animals included: *Siṁha, vyāghra, vṛkā, ṛkṣa, tara, kṣudvīpina, babhru, jambūka* and *mārjārā.*
***Rasa* (Taste):** *Madhura* (sweet).
***Guṇa* (Physical property):** *Gurū* (heavy) and *snigdha.*
***Vīrya* (Potency):** *Ūśana* (hot).
Effect on *Tridōśa*: Pacify *vāta.*
Action (s): Tonic and cures eye diseases.

Parṇamṛga

वनौकावृक्षमार्जारोवृक्षमर्कटिकादयः |
एतेपर्णमृगाःप्रोक्ताःसुश्रुताद्यैर्महर्षिभिः ||१५||
स्मृताःपर्णमृगावृष्याश्चक्षुष्याशोषिणेहिताः |
श्वासार्शःकासशमनाःसृष्टमूत्रपुरीषकाः ||१६||

Animals included: *Vanaukā, vṛkṣamārjāra* and *vṛkṣamarkaṭa.*
Action (s): Aphrodisiac, eye tonic, blood enhancer, diuretic and laxative.
Therapeutics: Asthma and cough.

Viṣkira

वर्तकालाववर्तीरकपिञ्जलकतित्तिराः |
कुलिङ्गकुक्कुटाद्याश्चविष्किराःसमुदाहृताः ||१७||
विकीर्यभक्षयन्त्येतेयस्मात्तस्माद्धिविष्किराः |
कपिञ्जलइतिप्राज्ञैकथितोगौरतित्तिरिः ||१८||
विष्किरामधुराःशीताःकषायाःकटुपाकिनः |

बल्यावृष्यास्त्रिदोषघ्नाःपथ्यास्तेलघवःस्मृताः ||१९||

Animals included: *Vartaka, lāva, vartīraka, piñjala, katittirā, kuliṅga, kukkuṭādyā* and *kapiñjala*.
***Rasa* (Taste):** *Madhura* (sweet) and *kśāya* (astringent).
***Guṇa* (Physical property):** *Laghu* (light).
***Vīrya* (Potency):** *Śīta* (cold).
***Vipāka* (Post digestion effect):** *Kaṭu* (pungent).
Action (s): Tonic and aphrodisiac.
Therapeutics: Female diseases.

Pratuda

हारीतोधवलःपाण्डुश्चित्रपक्षोबृहच्छुकः |
पारावतःखञ्जरीटःपिकाद्याःप्रतुदाःस्मृताः ||२०||
प्रतुद्यभक्षयन्त्येतेतुण्डेनप्रतुदास्ततः |
कपोतोधवलःपांडुःशतपत्रोबृहच्छुकः ||२१||
प्रतुदामधुराःपित्तकफघ्नास्तुवराहिमाः |
लघवोबद्धवर्चस्काःकिञ्चिद्वातकराःस्मृताः ||२२||

Animals included: *Hārīta, dhavala, pāṇḍu, citrapakṣa, bṛhacchuka, pārāvata, khañjarīṭa* and *pikādyā, kapōta, śatapatra* and *bṛhacchuka*.
***Rasa* (Taste):** *Madhura* (sweet).
***Guṇa* (Physical property):** *Laghu* (light).
***Vīrya* (Potency):** *Śīta* (cold).
Effect on *Tridōśa*: Pacify *pitta* and *kapha* but aggravate *vāta*, slightly.
Action (s): Bulk stool former.

Prasaha

काकोगृधउलूकश्चचिलश्चशशघातकः |
चाषोभासश्चकुररइत्याद्याःप्रसहाःस्मृताः |
प्रसहाःकीर्तिताएतेप्रसह्याच्छिद्यभक्षणात् ||२३||
प्रसहाःखलुवीर्योष्णास्तन्मांसंभक्षयन्तिये |

तेशोषभस्मकोन्मादशुक्रक्षीणाभवन्तिहि ||२४||

Animals included:*Kāka, gṛdhra, ulūka, cila, śaśaghātaka, cāṣa, bhāsa* and *kurara.*
Vīrya* (Potency):Ūśana* (hot).
Therapeutics: Consumption, bulimia, hysteria and seminal debility.

Grāmya

छागमेषवृषाश्चाश्वाग्राम्याःप्रोक्तामहर्षिभिः |
ग्राम्यावातहराःसर्वेदीपनाःकफपित्तलाः |
मधुरारसपाकाभ्यांबृंहणाबलवर्धनाः ||२५||

Animals included:*Chāga, mēṣa, vṛṣā* and *āśvā.*
***Rasa* (Taste):** *Madhura* (sweet).
***Vipāka* (Post digestion effect):** *Madhura* (sweet).
Therapeutics: Tonic and anabolic.

Kūlēcara

लुलायगण्डवाराहचमरीवारणादयः |ए
तेकूलचराःप्रोक्तायतःकूलेचरन्त्यपाम् ||२६||
कूलेचरामरुत्पित्तहरावृष्याबलावहाः |
मधुराःशीतलाःस्निग्धामूत्रलाःश्लेष्मवर्धनाः ||२७||

Animals included:*Lulāya, gaṇḍavārā, camarī* and *vāraṇāda.*
***Rasa* (Taste):** *Madhura* (sweet).
***Guṇa* (Physical property):** *Snigdha.*
Vīrya* (Potency):Śīta* (cold).
Effect on *Tridōśa*: Increases *kapha.*
Therapeutics: Diuretic, tonic and aphrodisiac.

Plava

हंससारसकारण्डबकक्रौञ्चशरारिकाः |

नन्दीमुखीसकादम्बाबलाकाद्याःप्लवाःस्मृताः |
प्लवन्तिसलिलेयस्मादेतेतस्मात्प्लवाःस्मृताः ||२८||
स्थूलाकठोरावृत्ताचयस्याश्चञ्चूपरिस्थिता |
गुटिकाजम्बुसदृशीप्रोक्तानन्दीमुखीतिसा ||२९||
प्लवाःपित्तहराःस्निग्धामधुरागुरवोहिमाः |
वातश्लेष्मप्रदाश्चापिबलशुक्रकराःसराः ||३०||

Animals included:*Haṁsa, sārasa, kāraṇḍabaka, krauñca, śarārikā, nandīmukhī, sakādambā* and *balākādyā.*
***Rasa* (Taste):** *Madhura* (sweet).
***Guṇa* (Physical property):** *Gurū* (heavy).
Vīrya* (Potency):Śīta* (cold).
Effect on *Tridōśa*: Pacify *pitta*, *vāta* and *pitta*.
Therapeutics: Tonic, spermopiotic and laxative.

Kōśastha

शङ्खःशङ्खनखश्चापिशुक्तिशम्बूककर्कटाः |
जीवाएवंविधाश्चान्येकोशस्थाःपरिकीर्तिताः ||३१||
कोशस्थामधुराःस्निग्धावातपित्तहराहिमाः |बृं
हणाबहुवर्चस्कावृष्याश्चबलवर्धनाः ||३२||

Animals included:*Śaṅkha, śaṅkhanakha, śukti, śambūka* and *karkaṭā.*
***Rasa* (Taste):** *Madhura* (sweet).
***Guṇa* (Physical property):** *Snigdha.*
Vīrya* (Potency):Śīta* (cold).
Effect on *Tridōśa*: Pacify *pitta* and *vāta*.
Therapeutics: Tonic, spermopiotic and bulk stool former.

Pādina

कुम्भीरकूर्मनक्राश्चगोधामकरशङ्कवः |
घण्टिकःशिशुमारश्चेत्यादयःपादिनःस्मृताः |

पादिनोऽपिचयेतेतुकोशस्थानांगुणैःसमाः ||३३||

Animals included:*Kumbhīra, kūrmana, krāśa, gōdhāmakara, śaṅkava, ghaṇṭika* and *śiśumāra.*
***Rasa* (Taṣte):** *Madhura* (sweet).
***Guṇa* (Physical property):** *Snigdha.*
Vīrya* (Potency):Śīta* (cold).
Effect on *Tridōśa*: Pacify *pitta* and *vāta.*
Therapeutics: Tonic, spermopiotic and bulk stool former.

Matsya

मत्स्योमीनोविकारश्चझषोवैसारिणोऽण्डजः |
शकुलीपृथुरोमाचससुदर्शनइत्यपि |
रोहिताद्यास्तुयेजीवास्तेमत्स्याःपरिकीर्तिताः ||३४||
मत्स्याःस्निग्धोष्णमधुरागुरवःकफपित्तलाः |
वातघ्नाबृंहणावृष्यारोचकाबलवर्द्धनाः |
मद्यव्यवायसक्तानांदीप्ताग्नीनाञ्चपूजिताः ||३५||

Animals included:*Mīna, vikāra, jhaṣa, vaisāriṇa, aṇḍaja, śakulī, pṛthurōmā, sudarśana* and *rōhita.*
***Rasa* (Taste):** *Madhura* (sweet).
***Guṇa* (Physical property):** *Gurū* (heavy) and *snigdha.*
Vīrya* (Potency):Ūśana* (hot).
Effect on *Tridōśa*: Pacify *vāta.*
Therapeutics: Anabolic, aphrodisiac, appetizer and tonic.

10.7: *Jaṅghāla*

10.7.1: *Hariṇa* (Red Deer) -*Odocoileus virginianus*

हरिणःशीतलोबद्धविण्मूत्रोदीपनोलघुः |
रसेपाकेचमधुरःसुगन्धिःसन्निपातहा ||३६||

***Rasa* (Taste):** *Madhura* (sweet).
***Guṇa* (Physical property):** *Laghu* (light).
Vīrya* (Potency):Śīta* (cold).
***Vipāka* (Post digestion effect):** *Madhura* (sweet).
Action (s): Appetizer, diuretic, laxative and aromatic.
Therapeutics:*Sannipāta*.
Note: *Hariṇa*is of copper color.

10.7.2: *Ēṇa* (Black Buck) - *Moschiola indica*

एणःकषायोमधुरःपित्तासृक्कफवातहृत् ।
संग्राहीरोचनोबल्योज्वरप्रशमनःस्मृतः ॥३७॥

Description: This deer is of black color.
***Rasa* (Taste):** *Madhura* (sweet) and *kśāya* (astringent).
Effect on *Tridōśa*: Pacifies *pitta*, *kapha* and *vāta*.
Action (s): Astringent, appetizer, tonic.
Therapeutics: Febrifuge.
Note: *Ēṇa*is of black color.

10.7.3: *Kuraṅga* (Roe deer) -*Capreolus capreolus*

कुरङ्गोबृंहणोबल्यःशीतलःपित्तहृद्गुरुः ।
मधुरोवातहृद्ग्राहीकिञ्चित्कफकरःस्मृतः ॥३८॥

***Rasa* (Taste):** *Madhura* (sweet).
***Guṇa* (Physical property):** *Gurū* (heavy).
Vīrya* (Potency):Śīta* (cold).
Effect on Tridōśa: Pacifies *pitta* and *vāta*.
Action (s): Cardiac tonic, anabolic, tonic and astringent.
Note: *Kuraṅga*is of copper color and resembles *ēṇa*in size.

10.7.4: *Ṛṣya* (Musk deer) -*Moschus leucogaster*

ऋष्योनीलाण्डकश्चापिगवयोरोझइत्यपि ।
गवयोमधुरोबल्यःस्निग्धोष्णःकफपित्तलः ॥३९॥

Synonym: *Nīlāṇḍaka, gavaya* and *rōjha*.
***Rasa* (Taste):** *Madhura* (sweet).
***Guṇa* (Physical property):** *Snigdha*.
Vīrya* (Potency):Ūśana* (hot).
Effect on *Tridōśa*: Increases *pitta* and *kapha*.
Action (s): Tonic.
Note: *Ṛṣya*is of blue color.

10.7.5: *Pṛṣata* (Spotted deer) -*Axis axis*

पृषतस्तुभवेत्स्वादुर्ग्राहकःशीतलोलघुः ।
दीपनोरोचनःश्वासज्वरदोषत्रयास्रजित् ॥४०॥

***Rasa* (Taste):** *Madhura* (sweet).
***Guṇa* (Physical property):** *Laghu* (light).
Vīrya* (Potency):Śīta* (cold).
Effect on *Tridōśa*: Pacifies *vāta*, *pitta* and *kapha*.
Action (s): Appetizer.
Therapeutics: Asthma and fever.
Note:*Pṛṣata*is spotted and smaller as compared to *hariṇa*.

10.7.6: *Nyaṅku* (Stag) -*Axis porcinus*

न्यङ्कुःस्वादुर्लघुर्बल्योवृष्योदोषत्रयापहः ॥४१॥

***Rasa* (Taste):** *Madhura* (sweet).
***Guṇa* (Physical property):** *Laghu* (Light).
Effect on *Tridōśa*: Pacifies *vāta*, *pitta* and *kapha*.
Action (s): Tonic and aphrodisiac.
Note: *Nyaṅku*contains horns.

10.7.7: *Sābara* (Indian Deer) -*Rusa unicolor*

साबरंपललंस्निग्धंशीतलंगुरुचस्मृतम् ।
रसेपाकेचमधुरंकफदंरक्तपित्तहृत् ॥४२॥

***Rasa* (Taste):** *Madhura* (sweet).
***Guṇa* (Physical property):** *Gurū* (heavy) and *snigdha*.
Vīrya* (Potency):Śīta* (cold).
***Vipāka* (Post digestion effect):** *Madhura* (sweet).
Effect on *Tridōśa*: Pacifies *kapha*.
Therapeutics: Bleeding diathesis.
Note: *Sābara*resembles cow and is comparatively large.

10.7.9: *Rājīva*

राजीवस्तुगुणैर्ज्ञेयःपृषतेनसमोजनैः ||४३||

***Rasa* (Taste):** *Madhura* (sweet).
***Guṇa* (Physical property):** *Laghu* (light).
Vīrya* (Potency):Śīta* (cold).
Effect on *Tridōśa*: Pacifies *vāta*, *pitta* and *kapha*.
Action (s): Appetizer.
Therapeutics: Asthma and fever.
Note: It contains many stripes all over body.

10.7.10: *Muṇḍī*

मुण्डीतुज्वरकासास्रक्षयश्वासापहोहिमः ||४४||

Vīrya* (Potency):Śīta* (cold).
Therapeutics: Fever, cough, distress, phthisis and asthma.
Note:*Muṇḍī* is without horns.

Bilēśaya

Śaśa-Hare (*Lepus europaeus*)

लम्बकर्णःशशःशूलीलोमकर्णोबिलेशयः |
शशःशीतोलघुर्ग्राहीरूक्षःस्वादुःसदाहितः |
वह्निकृत्कफपित्तघ्नोवातसाधारणःस्मृतः |
ज्वरातीसारशोषास्रश्वासामयहरश्चसः ||४५||

Synonyms: *Lambakarṇa, śaśa, śūlī* and *lōmakarṇa.*
***Rasa* (Taste):** *Madhura* (sweet).
***Guṇa* (Physical property):** *Laghu* (light) and *rūkśa.*
Vīrya* (Potency):Śīta* (cold).
Effect on *Tridōśa*: Pacifies *vāta*, *pitta* and *kapha.*
Action (s): Appetizer.
Therapeutics: Fever associated with diarrhea, consumption, distress and asthma.

Śalyaka-Porcupine (*Erethizon dorsatum*)

सेधातुशल्यकःश्वावित्कथ्यन्तेतदगुणाअथ।
शल्यकःश्वासकासास्रशोषदोषत्रयापहः॥४६॥

Synonyms: *Sēdhā* and *śvāvi.*
Effect on *Tridōśa*: Pacifies *vāta*, *pitta* and *kapha.*
Therapeutics: Asthma, cough, distress and consumption.

Pakṣi nāma (Name of the birds)

पक्षीखगोविहङ्गश्चविहगश्चविहङ्गमः।
शकुनिर्विःपतत्रीचविष्किरोविकिरोऽण्डजः॥४७॥
धान्याङ्कुरचरायेऽत्रतेषांमांसंलघूत्तमम्।
आनूपंबलकृन्मांसंस्निग्धंगुरुतरंस्मृतम्॥४८॥

Synonyms:*Khaga, vihaṅga, vihaga, vihaṅgama, śakunirvi* and *patatrī.*
The flesh of the birds feeding on grains is light in attribute. On the other side, flesh of birds of *ānūpa* region is heavy and unctuous.

Viṣkara

Vartaka-Quail bird (*Coturnix coturnix*)

वर्तीकोवर्तकश्चित्रस्ततोऽन्यावर्तकास्मृता।
वर्तकोऽग्निकरःशीतोज्वरदोषत्रयापहः।
सुरुच्यःशुक्रदोबल्योवर्तकाल्पगुणाततः॥४९॥

Synonyms: *Vartakā* and *citra.*
***Rasa* (Taste):** *Madhura* (sweet).
***Vīrya* (Potency):** *Śīta* (cold).
Effect on *Tridōśa*: Pacifies *vāta*, *pitta* and *kapha.*
Action (s): Appetizer, spermopiotic and tonic.
Therapeutics: Fever.

Vartakā-Other type of quail

Vartakā is inferior as compared to *vartaka.*

Lāva

लावाविष्किरवर्गेषुतेचतुर्धामताबुधैः।
पांशुलोगौरकोऽन्यस्तुपौण्ड्रकोदर्भरस्तथा ॥५०॥
लावावह्निकराःस्निग्धागरघ्नाग्राहिकाहिताः।
पांशुलःश्लेष्मलस्तेषुवीर्योष्णोऽनिलनाशनः ॥५१॥
गौरोलघुतरोरूक्षोवह्निकारीत्रिदोषजित्।
पौण्ड्रकःपित्तकृत्किञ्चिल्लघुर्वातकफापहः।
दर्भरोरक्तपित्तघ्नोहृदामयहरोहिमः ॥५२॥

***Guṇa* (Physical property):** *Snigdha.*
***Vīrya* (Potency):** *Śīta* (cold).
Action: Astringent.
Therapeutics: Poisoning.

Varieties of *Lāva*

10.25.1: *Pāṁśula*

***Vīrya* (Potency):** *Ūśaṇa* (hot).
Effect on *Tridōśa*: Aggravates *kapha* but pacifies *vāta*.

10.25.2: *Gauraka*

***Guṇa* (Physical property):** *Laghu* (light) and *rūkśa* (unctuous).

Vīrya* (Potency):Śīta* (cold).
Effect on *Tridōśa*: Pacifies *vāta*, *pitta* and *kapha*.
Actions: Appetizer.

10.25.3: *Pauṇḍraka*

***Guṇa* (Physical property):** *Laghu* (light).
Effect on *Tridōśa*: Pacifies *vāta* and *kapha* but aggravates *pitta*.

10.25.3: *Dabhra*

Vīrya* (Potency):Śīta* (cold).
Effect on *Tridōśa*: Pacifies *vāta*, *pitta* and *kapha*.
Therapeutics: Epistaxis and heart ailments.

Vārtīka (Male bustard) -*Otis tarda*

वर्तीकोवर्तिचटकोवार्तीकश्चैवसस्मृतः |
वर्तीकोमधुरःशीतोरूक्षश्चकफपित्तनुत् ||५३||

Synonyms: *Varticaṭaka.*
***Rasa* (Taste):** *Madhura* (sweet).
***Guṇa* (Physical property):** *Rūkśa.*
Vīrya* (Potency):Śīta* (cold).
Effect on *Tridōśa*: Pacifiers *pitta* and *kapha*.

Tittiri (partridge) -*Perdix perdix*

तित्तिरिःकृष्णवर्णःस्याच्चित्रोऽन्योगौरतित्तिरिः |
तित्तिरिर्बलदोग्राहीहिक्कादोषत्रयापहः |
श्वासकासज्वरहरस्तस्माद्गौरोऽधिकोगुणैः ||५४||

10.27.2: *Kṛṣṇatittiri*

Effect on *Tridōśa*: Pacifies *vāta*, *pitta* and *kapha*.

Action: Astringent and tonic.
Therapeutics: Hiccough, asthma, coughs and fever.

10.27.3: *Gauratittiri*

Effect on *Tridōśa*: Pacifies *vāta*, *pitta* and *kapha*.
Action: Astringent and tonic.
Therapeutics: Hiccough, asthma, coughs and fever.
Note: *Gauratittiri* is more effective than*kṛṣṇatittiri*.

Caṭaka (A hen-sparrow) -*Passer domesticus*

चटकःकलविङ्कःस्यात्कुलिङ्गःकालकण्ठकः |
कुलिङ्गःशीतलःस्निग्धःस्वादुःशुक्रकफप्रदः |
सन्निपातहरोवेश्मचटकश्चातिशुक्रलः ||५५||

Synonyms: *Kalaviṅka, kuliṅga* and *kālakaṇṭhaka*.
***Rasa* (Taste):** *Madhura* (sweet).
***Guṇa* (Physical property):** *Snigdha*.
Vīrya* (Potency):Śīta* (cold).
Effect on *Tridōśa*: Pacifies *sannipāta* but aggravates *kapha*.
Actions: Spermopiotic.
Therapeutics: Fever.
Note: *Caṭaka*found in house has potent spermopiotic property.

Kukkuṭa-Cock (*Gallus gallus domesticus*)

कुक्कुटःकृकवाकुःस्यात्कालज्ञश्चरणायुधः |
ताम्रचूडस्तथादक्षोप्रातर्नादीशिखण्डिकः ||५६||
कुक्कुटोबृंहणःस्निग्धोवीर्योष्णोऽनिलहृद्गुरुः |
चक्षुष्यःशुक्रकफकृद्बल्योवृष्यःकषायकः ||५७||
आरण्यकुक्कुटःस्निग्धोबृंहणःश्लेष्मलोगुरुः |
वातपित्तक्षयवमिविषमज्वरनाशनः ||५८||

10.29.1: *Kukkuṭa*

Synonyms: *Kṛkavāku, kālajña, caraṇāyudha, tāmracūḍa, dakṣa, prātarnādī* and *śikhaṇḍika.*
***Rasa* (Taste):** *Kśāya* (astringent).
***Guṇa* (Physical property):** *Gurū* (heavy) and *snigdha.*
Vīrya* (Potency):Ūśaṇa* (hot).
Effect on *Tridōśa*: Pacifies *vāta* but aggravates *kapha.*
Actions: Spermopiotic, tonic and aphrodisiac.

10.29.2: *Āraṇyakukkuṭa*

***Guṇa* (Physical property):** *Gurū* (heavy) and *snigdha.*
Vīrya* (Potency):Ūśaṇa* (hot).
Effect on *Tridōśa*: Pacifies *vāta* and *pitta* but aggravates *kapha.*
Actions: Nutritive.
Therapeutics: Vomiting, phthisis and malaria.

Pratuda

Hārīta

हारीतोरक्तपीतःस्याद्धरितोऽपिसकथ्यते ।
हारीतोरूक्षउष्णश्चरक्तपित्तकफापहः ।
स्वेदस्वरकरःप्रोक्तईषद्वातकरश्चसः ॥५९॥

Synonyms: *Raktapīta* and*hārita.*
***Guṇa* (Physical property):** *Rūkśa.*
Vīrya* (Potency):Ūśaṇa* (hot).
Effect on *Tridōśa*: Pacifies *kapha.*
Actions: Diaphoretic.
Therapeutics: Diseases of the throat.

Pāṇḍu

पाण्डुस्तुद्विविधोज्ञेयश्चित्रपक्षःकलध्वनिः ।
द्वितीयोधवलःप्रोक्तःसकपोतःस्फुटस्वनः ॥६०॥

चित्रपक्षःकफहरोवातघ्नोग्रहणीप्रणुत् |
धवलःपाण्डुरुद्दिष्टोरक्तपित्तहरोहिमः ||६१||

Synonyms: *Citrapakṣa* and *kaladhvani.*
Effect on *Tridōśa*: Pacifies *kapha* and *vāta*.
Therapeutics: Malabsorption.
Note: The feathers are multicolored and it produces agreeable voice.

10.31.2: *Dhavalapāṇḍu*

***Rasa* (Taste):** *Madhura* (sweet).
***Guṇa* (Physical property):** *Rūkśa*.
Vīrya* (Potency):Śīta* (cold).
***Vipāka* (Post digestion effect):** *Madhura* (sweet).
Effect on *Tridōśa*: Pacifies *vāta*.
Actions: Astringent.
Therapeutics: Bleeding diathesis.
Note: Itproduces a typical voice.

Mayūra-Peacock (*Pavo cristatus*)

मयूरश्चन्द्रकीकेकीमेघरावोभुजङ्गभुक् |
शिखीशिखावलोबर्हीशिखण्डीनीलकण्ठकः |
शुक्लापाङ्गःकलापीचमेघनादानुलास्यपि |
रसेपाकेचमधुरःसंग्राहीवातशान्तिकृत् ||६२||

Synonyms: *Candrakī, kēkī, mēgharāva, bhujaṅgabhu, śikhī, śikhāvala, barhī, śikhaṇḍī, nīlakaṇṭhaka, śuklāpāṅga, kalāpī* and *mēghanādānulā.*
***Rasa* (Taste):** *Madhura* (sweet).
***Vipāka* (Post digestion effect):** *Madhura* (sweet).
Effect on *Tridōśa*: Pacifies *vāta*.
Actions: Astringent.

Pārāvāta (Pigeon) -*Columba livia domestica*

पारावतःकलखःकपोतोरक्तवर्द्धनः |

पारावतोगुरुःस्निग्धोरक्तपित्तानिलापहः ।
संग्राहीशीतलस्तज्ज्ञैःकथितोवीर्यवर्धनः ॥६३॥

Synonyms: *Kalakha, kapōta* and *raktavarddhana.*
***Guṇa* (Physical property):** *Gurū* (heavy) and *snigdha.*
Vīrya* (Potency):Śīta* (cold).
Effect on *Tridōśa*: Pacifies *vāta.*
Actions: Astringent and spermopiotic.
Therapeutics: Bleeding diathesis.

Pakṣyaṇḍa

नातिस्निग्धानिवृष्याणिस्वादुपाकरसानिच ।
वातघ्नान्यतिशुक्राणिगुरूण्यण्डानिपक्षिणाम् ॥६४॥

***Rasa* (Taste):** *Madhura* (sweet).
***Guṇa* (Physical property):** *Snigdha.*
***Vipāka* (Post digestion effect):** *Madhura* (sweet).
Effect on *Tridōśa*: Pacifies *vāta.*
Actions: Spermopiotic.

Grāmyachāga (Goat) -*Capra aegagrus hircus*

छागलोबर्करश्छागोबस्तोऽजःक्षेलकःस्तुभः ।
अजाछागीस्तुभाचापिछेलिकाचगलस्तनी ॥६५॥
छागमांसंलघुस्निग्धंस्वादुपाकंत्रिदोषनुत् ।
नातिशीतमदाहिस्यात्स्वादुपीनसनाशनम् ॥६६॥
परंबलकरंरुच्यंबृंहणंवीर्यवर्धनम् ।
अजायास्त्वप्रसूतायामांसंपीनसनाशनम् ॥६७॥
शुष्ककासेऽरुचौशोषेहितमग्नेश्चदीपनम् ।
अजासुतस्यबालस्यमांसंलघुतरंस्मृतम् ॥६८॥
हृद्यंज्वरहरंश्रेष्ठंसुखदंबलदंभृशम् ।
मांसंनिष्कासिताण्डस्यछागस्यकफकृद्गुरु ॥६९॥

स्रोतःशुद्धिकरंबल्यंमांसदंवातपित्तनुत् ।
वृद्धस्यवातलंरूक्षंतथाव्याधिमृतस्यच ।
ऊर्ध्वजत्रुविकारघ्नंछागमुण्डंरुचिप्रदम् ॥७०॥

Synonyms: *Barkara, chāga, basta, aja, kṣēlaka, stubha, ajā, chāgī* and *stubhā.*
***Rasa* (Taste):** *Madhura* (sweet).
***Guṇa* (Physical property):** *Laghu* (light) and *snigdha*.
Vīrya* (Potency):Śīta* (cold).
***Vipāka* (Post digestion effect):** *Madhura* (sweet).
Effect on *Tridōśa*: Pacifies *vāta*, *pitta* and *kapha*.
Actions: Spermopiotic, tonic, nutritive and appetizer.
Therapeutics: Rhinitis.

10.35.2:*Galastanī* (Goat)

Synonym: *Chēlikā.*
Note: It has nodular swelling in the throat.

10.36: *Aprasāta chāga*

Actions: Appetizer.
Therapeutics: Rhinitis, non-productive cough, anorexia and consumption.

10.37: New born *chāga*

***Guṇa* (Physical property):** *Laghu* (light).
Actions: Tonic, febrifuge and cardiac tonic.

10.38.1: *Chāga* with testicles removed

***Guṇa* (Physical property):** *Gurū* (Heavy).
Effect on *Tridōśa*: Pacifies *vāta* and *pitta* but aggravates *kapha*.
Actions: Anabolic and tonic.
Note: It purifies the channels of circulation.

10.38.2: Old *chāga*

***Guṇa* (Physical property):** *Rūkśa.*
Effect on *Tridōśa*: Aggravates *vāta.*

10.38.2: *Chāga* died of disease

***Guṇa* (Physical property):** *Rūkśa.*
Effect on *Tridōśa*: Aggravates *vāta.*

10.38.3: Head of *Chāga*

Actions: Appetizer.
Therapeutics: Disease of the shoulder girdle.

Mēṣa (Sheep) -*Ovis aries*

मेढ्रोमेढोहुडोमेषउरणोऽप्येडकोऽपिच।
अविर्वृष्णिस्तथोर्णायुःकथ्यन्तेतद्गुणाअथ ॥७१॥
मेषस्यमांसंपुष्टौस्यात्पित्तश्लेष्मकरंगुरु।
तस्यैवाण्डविहीनस्यमांसंकिञ्चिल्लघुस्मृतम् ॥७२॥

Synonyms: *Mēḍha, huḍa, mēṣa, uraṇa, ēḍaka, avirvṛṣṇista* and *thōrṇāyu.*
***Guṇa* (Physical property):** *Gurū* (Heavy).
Effect on *Tridōśa*: Aggravates *pitta* and *kapha.*
Tonic: Nutritive.

10.39.1: *Mēṣa* with testicles removed

***Guṇa* (Physical property):** *Laghu* (light).
Effect on *Tridōśa*: Aggravates *pitta* and *kapha.*
Tonic: Nutritive.

Ēḍaka (Female sheep)

एडकःपृथुशृङ्गःस्यान्मेदःपुच्छस्तुदुम्बकः।
एडकस्यपलंज्ञेयंमेषामिषसमंगुणैः।
मेदःपुच्छोद्भवंमांसंहृद्यंवृष्यंश्रमापहम्।
पित्तश्लेष्मकरंकिञ्चिद्वातव्याधिविनाशनम्॥७३॥

Synonyms: *Pṛthuśṛṅga.*
Description: Horn is very thick.
***Guṇa* (Physical property):** *Gurū* (heavy).
Effect on *Tridōśa*: Aggravates *pitta* and *kapha*.
Tonic: Nutritive.

10.40.2:*Medhpuchaka*

Synonyms: *Dumbaka.*
Description: The tail contains adipose tissue.
Effect on *Tridōśa*: Pacifies *vāta* but aggravates *pitta* and *kapha*.
Actions: Cardiac tonic and spermopiotic.
Therapeutics: Fatigue.

Vṛṣabha (Bull) - *Bos Taurus*

बलीवर्दस्तुवृषभऋषभश्चतथावृषः।
अनड्वान्सौरभेयोऽपिगौरुक्षाभद्रइत्यपि।
सुरभिःसौरभेयीचमाहेयीगौरुदाहृता॥७४॥
गोमांसंतुगुरुस्निग्धंपित्तश्लेष्मविवर्धनम्।
बृंहणंवातहृद्बल्यमपथ्यंपीनसप्रणुत्॥७५॥

Synonyms: *Balīvarda, ṛṣabha, vṛṣa, anaḍvān, saurabha* and *gaurukṣā.*
***Guṇa* (Physical property):** *Gurū* (heavy) and *snigdha.*
Effect on *Tridōśa*: Aggravates *pitta* and *kapha* but pacifies *vāta*.
Actions: Tonic.
Therapeutics: Rhinitis.

10.41.2: *Gō* (Cow)

Synonyms: *Surabhi, saurabhī, māhēyī* and *gaurudāhṛtā.*

***Guṇa* (Physical property):** *Gurū* (heavy) and *snigdha.*
Effect on *Tridōśa*: Aggravates *pitta* and *kapha* but pacifies *vāta.*
Actions: Tonic.
Therapeutics: Rhinitis.

Aśva (Horse)-*Equus ferus caballus*

घोटकेऽप्यश्वतुरगास्तुरङ्गाश्चतुरङ्गमाः ।
वाजिवाहार्वगन्धर्वहयसैन्धवसप्तयः ॥७६॥
अश्वमांसन्तुतुवरंवह्निकृत्कफपित्तलम् ।
वातहृद्बृंहणंबल्यंचक्षुष्यंमधुरंलघु ॥७७॥

Synonyms: *Ghōṭaka, pyaśva, turagā, raṅgām turaṅgamā, vājivāhā, gandharva* and *hayasaindha.*
***Rasa* (Taste):** *Madhura* (sweet) and *kśāya* (astringent).
***Guṇa* (Physical property):** *Laghu* (light).
Effect on *Tridōśa*: Pacifies *pitta* and *kapha* but aggravates *vāta.*
Actions: Appetizer, tonic and nutritive.
Therapeutics: Eye diseases.

Kūlēcara

महिषोघोटकारिःस्यात्कासरश्चरजस्वलः ।
पीनस्कन्धःकृष्णकायोलुलायोयमवाहनः ॥७८॥
महिषस्यामिषंस्वादुस्निग्धोष्णंवातनाशनम् ।
निद्राशुक्रप्रदंबल्यंतनुदार्ढ्यकरंगुरु ।
वृष्यञ्चसृष्टविण्मूत्रंवातपित्तास्रनाशनम् ॥७९॥

10.43: *Mahiṣa* (Buffalo)-*Bubalus bubalis*

Synonyms: *Ghōṭakāri, kāsara, rajasvala, pīnaskandha, kṛṣṇakāya, lulāya* and *yamavāhana.*
***Rasa* (Taste):** *Madhura* (Sweet).
***Guṇa* (Physical property):** *Gurū* (heavy).
Vīrya* (Potency):Ūśaṇa* (hot).
Effect on *Tridōśa*: Pacifies *vāta* and *pitta*.
Actions: Spermopiotic, hypnotic, laxative, diuretic and tonic.
Therapeutics: Bleeding diathesis.

Maṇḍūka (Frog)-*Rana tigrina*

मण्डूकःप्लवगोभेकोवर्षाभूर्दर्दुरोहरिः।
मण्डूकःश्लेष्मलोनातिपित्तलोबलकारकः ॥८०॥

Synonyms: *Plavaga, bhēka, varṣābhū* and *dardura.*
Effect on *Tridōśa*: Aggravates *kapha* and *pitta* slightly.
Actions: Tonic.

Pādina

कच्छपोगूढपात्कूर्मःकमठोदृढपृष्ठकः।
कच्छपोबलदोवातपित्तनुत्पुंस्त्वकारकः ॥८१॥

10.44: *Kacchapa* (Tortoise)- *Geochelone elegans*

Synonyms: *Gūḍhapātkūrma, kamaṭha* and *dṛḍhapṛṣṭhaka.*
Effect on *Tridōśa*: Pacifies *vāta* and *pitta*.
Actions: Tonic.
Therapeutics: Loss of vitality.

Sadyahata, svayaṁmṛta, vṛddha, viṣādimṛta māṁsa

सद्योहतस्यमांसंस्याद्व्याधिघातियथाऽमृतम्।

वयःस्थंबृंहणंसात्म्यमन्यथातद्धिवर्जयेत् ||८२||
स्वयंमृतस्यचाबल्यमतीसारकरंगुरु |
वृद्धानांदोषलंमांसंबालानांबलदंलघु |
सर्पदष्टस्यमांसञ्चशुष्कमांसंत्रिदोषकृत् |
व्यालदष्टंचदुष्टंचशुष्कंशूलकरंपरम् ||८३||
विषाम्बुरुङ्मृतस्यैतन्मृत्युदोषरुजाकरम् |
क्लिन्नमुत्क्लेशजनकंकृशंवातप्रकोपणम् |
तोयपूर्णशिराजालंमृतमप्सुत्रिदोषकृत् ||८४||

Jātyādiparatva māṁsa guru-laghutā

विहङ्गेषुपुमाञ्छ्रेष्ठःस्त्रीचतुष्पदजातिषु |
परार्द्धोलघुपुंसांस्यात्स्त्रीणांपूर्वार्द्धमादिशेत् ||८५||
देहमध्यंगुरुप्रायंसर्वेषांप्राणिनांस्मृतम् |
पक्षक्षेपाद्विहङ्गानांतदेवलघुकथ्यते ||८६||
गुरूण्यण्डानिसर्वेषांगुर्वीग्रीवाचपक्षिणाम् |
उरःस्कन्धोदरंकुक्षीपादौपाणीकटीतथा ||८७||
पृष्ठत्वग्यकृदन्त्राणिगुरूणीहयथोत्तरम् |
लघुवातकरंमांसंखगानांधान्यचारिणाम् ||८८||
मत्स्याशिनांपित्तकरंवातघ्नंगुरुकीर्तितम् |
फलाशिनांश्लेष्मकरंलघुरूक्षमुदीरितम् ||८९||
बृंहणंगुरुवातघ्नंतेषामेवंपलाशिनाम् |
तुल्यजातिष्वल्पदेहामहादेहेषुपूजिताः |
अल्पदेहेषुशस्यन्तेतथैवस्थूलदेहिनाः ||९०||

10.45: Recently killed animal

1. It alleviates all diseases.
2. It has anti ageing property.
3. It is nutritive.

Note: Flesh of animal that not died recently, should not be consumed.

10.46: Animal dead of natural death

1. It is devoid of tonic property.
2. It induces diarrhea.
3. It is Guru (Heavy).

10.46.1: Flesh of old aged animals

It aggravates *vāta*, *pitta* and *kapha*.

10.46.2: Flesh of young animals

Guṇa **(Physical property):** *Gurū* (heavy).
Action: Tonic.

10.47.1: Flesh of animals dead of snake-bite

It aggravates *vāta*, *pitta* and *kapha*.

10.47.2: Flesh of animals dead of wild animal attack

It aggravates *vāta*, *pitta* and *kapha*.

10.47.3 Stale flesh

It aggravates *vāta*, *pitta* and *kapha*.

10.48.1: Flesh of animals dead of poisoning, drowning and disease

1. It leads to death.
2. It gives rise to diseases.

10.48.2: Putrefied flesh

It leads to nausea.

10.48.3: Flesh of weak animals

It aggravates *vāta*.

10.48.4: Flesh of animals lying dead in water

It aggravates *vāta*, *pitta* and *kapha*.

10.49: Some points about *Māṁsa*

1. Among birds, flesh of males is best.
2. Among animals shaving four limbs, flesh of females is best.
3. Flesh obtained from lower part of the body of males is *laghu* (light).
4. Flesh obtained from upper part of the body of females is *gurū*(heavy).
5. Flesh obtained from middle part of all animals is *gurū*(heavy) but the same obtained from middle parts if bird is *laghu* (light).
6. Eggs and neck of all bird is *gurū*(heavy).
7. Chest, shoulder, abdomen, feet, hands, lumber region, back, skin, liver and intestine are *gurū*(heavy) in an increasing order.
8. Flesh of birds consuming crops is *laghu* (light) and aggravates *vāta*.
9. Flesh of birds consuming fish pacifies *vāta*, aggravates *pitta* and is *gurū*(heavy).
10. Flesh of birds consuming fruits aggravates *kapha*, is *laghu* (light) and *rūkśa*.
11. Flesh of birds consuming flesh is tonic, *gurū*(heavy) and pacifies *vāta*.

10.50:*Matsya*

10.50.1:*Rōhita-Cyprinus rohitaka*

रक्तोदरोरक्तमुखोरक्ताक्षोरक्तपक्षतिः |
कृष्णपुच्छोझषःश्रेष्ठोरोहितःकथितोबुधैः ||९१||
रोहितःसर्वमत्स्यानांवरोवृष्योऽर्दितार्तिजित् |
कषायानुरसःस्वादुर्वातघ्नोनातिपित्तकृत् |

ऊर्ध्वजत्रुगतान्रोगान्हन्याद्रोहितमुण्डकम् ||९२||

Synonyms: *Raktōdara, raktamukha, raktākṣa, raktapakṣati, kṛṣṇapuccha, jhaṣa* and *śrēṣṭha.*
***Rasa* (Taste):** *Madhura* (sweet).
Anurasa: *Kśāya* (astringent).
***Guṇa* (Physical property):** *Gurū* (heavy).
Effect on *Tridōśa*: Pacifies *vāta* and does not aggravate *pitta.*
Actions: Aphrodisiac.
Therapeutics: Diseases of the supraclavical region, trismus, abdominal-diseases and head.
Note: Abdomen, mouth, eye and scales of *rōhita* are red in color.The tail is black.

10.50.2:*Śilīndhra-Mystus chitala*

शिलीन्ध्रःश्लेष्मलोबल्योविपाकेमधुरोगुरुः |
वातपित्तहरोहृद्यआमवातकरश्चसः ||९३||

***Rasa* (Taste):** Madhura (Sweet).
***Guṇa* (Physical property):** *Gurū* (heavy).
***Vipāka* (Post digestion effect):** *Madhura* (sweet).
Effect on *Tridōśa*: Pacifies *vāta* and *pitta* but aggravates *kapha.*
Actions: Cardiac tonic.
Note: *Śilīndhra*precipitates rheumatism.

10.50.3:*Bhaṁkura-Labeo catla*

भंकुरोमधुरःशीतोवृष्यःश्लेष्मकरोगुरुः |
विष्टम्भजनकश्चापिरक्तपित्तहरःस्मृतः ||९४||

***Rasa* (Taste):** Madhura (sweet).
***Guṇa* (Physical property):** *Gurū* (heavy).
Vīrya* (Potency):Śīta* (cold).
Effect on *Tridōśa*: Aggravates *kapha.*
Actions: Spermopiotic.
Therapeutics: Bleeding diathesis.
Note: *Bhaṁkura*disturbs digestion.

10.50.4:*Mōcikā*

मोचिकावातहृद्बल्याबृंहणीमधुरागुरुः |
पित्तहृत्कफकृद्रुच्यावृष्यादीप्ताग्नयेहिता ||९५||

***Guṇa* (Physical property):** *Gurū* (heavy).
Effect on *Tridōśa*: Pacifies *vāta* and *pitta* but aggravates *kapha*.
Actions: Aphrodisiac, appetizer and tonic.
Therapeutics: Low digestive fire.

10.50.5:*Pāṭhīna- Silurus pelorius*

पाठीनःश्लेष्मलोबल्योनिद्रालुःपिशिताशनः |
दूषयेद्रुधिरंपित्तकुष्ठरोगंकरोतिच ||९६||

Effect on *Tridōśa*: Aggravates *kapha* and *pitta*.
Actions: Hypnotic and tonic.
Note: *Pāṭhīna* vitiates blood and produces skin diseases.

10.50.6:*Śṛṅgī*

शृङ्गीतुवातशमनीस्निग्धाश्लेष्मप्रकोपणी |
रसेतिक्ताकषायाचलघ्वीरुच्यास्मृताबुधैः ||९७||

***Rasa* (Taste):** *Tikta* (bitter) and *kśāya* (astringent).
***Guṇa* (Physical property):** *Laghu* (light) and *snigdha*.
Vīrya* (Potency):Śīta* (cold).
Effect on *Tridōśa*: Aggravates *kapha* but pacifies *vāta*.
Actions: Appetizer.
Note: *Śṛṅgī*is also known as*śṛṅgīmatsya*.

10.50.7:*Illīsa*

इल्लीसोमधुरःस्निग्धोरोचनोवह्निवर्धनः |
पित्तहृत्कफकृत्किञ्चिल्लघुर्वृष्योऽनिलापहः ||९८||

Rasa **(Taste):** *Madhura* (Sweet).
Guṇa **(Physical property):** *Laghu* (light) and *snigdha*.
Vīrya **(Potency):***Śīta* (cold).
Effect on *Tridōśa*: Aggravates *kapha* but pacifies *vāta*.
Actions: Appetizer and Spermopiotic.

10.50.8:*Śaṣkulī*

शष्कुलीग्राहिणीहृद्यामधुरातुवरास्मृताः ||९९||

Rasa (Taste): *Madhura* (Sweet) and *kśāya* (astringent).
Effect on *Tridōśa*: Aggravates *kapha*.
Actions: Cardiac tonic and astringent.

10.50.9:*Gargara*

गर्गरःपित्तलःकिञ्चिद्वातजित्कफकोपनः ||१००||

Effect on *Tridōśa*: Aggravates *pitta* and *kapha* but pacifies *vāta*.

10.50.10:*Kavikā*

कविकामधुरास्निग्धाकफघ्नीरुचिकारिणी |
किञ्चित्पित्तकरीवातनाशिनीवह्निवर्धिनी ||१०१||

Rasa (Taste): *Madhura* (Sweet).
Guṇa **(Physical property):** *Snigdha*.
Vīrya **(Potency):***Śīta* (cold).
Effect on *Tridōśa*: Pacifies *kapha* and *vāta* but aggravates *pitta*.
Actions: Appetizer.

10.50.11:*Varmimatsya*

वर्मिमत्स्योहरेद्वातंपित्तंरुचिकरोलघुः ||१०२||

Guṇa **(Physical property):** *Laghu* (light).

Effect on *Tridōśa*: Pacifies *vāta* and *pitta*.
Actions: Appetizer.

10.50.12:*Daṇḍamatsya*

दण्डमत्स्योरसेतिक्तःपित्तरक्तंकफंहरेत्।
वातसाधारणःप्रोक्तःशुक्रलोबलवर्धनः ||१०३||

***Rasa* (Taste):** *Tikta* (bitter).
Guṇa (Physical property): *Snigdha*.
Vīrya* (Potency):Śīta* (cold).
Effect on *Tridōśa*: Pacifies *kapha* and *vāta*.
Actions: Tonic and spermopiotic.

10.50.13:*Ēraṅgī*

एरङ्गीमधुरःस्निग्धोविष्टम्भीशीतलोलघुः ||१०४||

Rasa (Taste): *Madhura* (sweet).
***Guṇa* (Physical property):** *Laghu* (light) and *snigdha*.
Vīrya* (Potency):Śīta* (cold).
Action: *Viṣṭambī*.

10.50.14:*Mahāśapharī*

महाशफरसंज्ञस्तुतिक्तःपित्तकफापहः।
शिशिरोमधुरोरुच्योवातसाधारणःस्मृतः ||१०५||

***Rasa* (Taste):** *Madhura* (sweet) and *tikta* (bitter).
Vīrya* (Potency):Śīta* (cold).
Effect on *Tridōśa*: Pacifies *kapha* and *pitta*.
Actions: Appetizer.

10.50.15:*Garaghnī*

गरघ्नीमधुरातिक्तातुवरावातपित्तहृत्।

कफघ्नीरुचिकृल्लघ्वीदीपनीबलवीर्यकृत् ||१०६||

***Rasa* (Taste):** *Madhura* (sweet) and *tikta* (bitter) and *kśāya* (astringent).
***Guṇa* (Physical property):** *Laghu* (light).
Vīrya* (Potency):Śīta* (cold).
Effect on *Tridōśa*: Pacifies *vāta*, *kapha* and *pitta*.
Actions: Appetizer, tonic and spermopiotic.

10.50.16:*Madgura*

मद्गुरोवातहृद्बल्योवृष्यःकफकरोलघुः ||१०७||

***Rasa* (Taste):** *Tikta* (bitter).
***Guṇa* (Physical property):** *Laghu* (light).
Effect on *Tridōśa*: Pacifies *vāta* but aggravates *kapha*.
Actions: Tonic and spermopiotic.

10.50.17:*Sapādamatsya*

सपादमत्स्योमेधाकृन्मेदःक्षयकरश्चसः |
वातपित्तकरश्चापिरुचिकृत्परमोमतः ||१०८||

Effect on *Tridōśa*: Aggravates *pitta* and *vāta*.
Actions: Appetizer and nootropic.
Therapeutics: Phthisis.

10.50.18:*Śapharī-Delphinus gangeticus*

प्रोष्ठीतिक्ताकटुःस्वादुःशुक्रघ्नीकफवातजित् |
स्निग्धास्यकण्ठरोगघ्नीरोचनीचलघुःस्मृता ||१०९||

Synonym: *Prōṣṭhī*.
***Rasa* (Taste):** *Tikta* (bitter).
***Guṇa* (Physical property):** *Laghu* (light).
Effect on *Tridōśa*: Pacifies *vāta* but aggravates *kapha*.
Actions: Appetizer and harmful for the semen.

Therapeutics: Diseases of the throat.

10.50.19:*Kṣudramatsya*

क्षुद्रमत्स्याःस्वादुरसादोषत्रयविनाशनाः।
लघुपाकारुचिकराबलदास्तेहितामताः ॥११०॥

***Rasa* (Taste):** *Madhura* (sweet).
***Guṇa* (Physical property):** *Laghu* (light).
Effect on *Tridōśa*: Pacifies *pitta*, *kapha* and *vāta*.
Actions: Tonic and appetizer.

10.50.20:*Atikṣudramatsya*

अतिसूक्ष्माःपुंस्त्वहरारुच्याःकासानिलापहाः ॥१११॥

Actions: Appetizer and harmful for sexuality.
Therapeutics: Cough.

10.50.21:*Matsyāṇḍa*

मत्स्यगर्भोभृशंवृष्यःस्निग्धःपुष्टिकरोलघुः।
कफमेदःप्रदोबल्योग्लानिकृन्मेहनाशनः ॥११२॥

***Rasa* (Taste):** *Madhura* (sweet).
***Guṇa* (Physical property):** *Laghu* (light) and *snigdha*.
Effect on *Tridōśa*: Aggravates *kapha*.
Actions: Aphrodisiac.
Therapeutics: Polyuria and mental agony.
Note: *Matsyāṇḍa*increases adipose tissue.

10.50.22:*Śuṣkamatsya*

शुष्कमत्स्यानवाबल्यादुर्जराविड्विबन्धिनः ॥११३॥

Actions: Tonic (if fresh).
Note: It lead to constipation.

10.50.23:*Dagdhamatsya*

दग्धमत्स्योगुणेःश्रेष्ठःपुष्टिकृद्बलवर्द्धनः ||११४||

Actions: Tonic and nutritive.

10.50.24:*Kūpajādimatsya*

कौपमत्स्याःशुक्रमूत्रकुष्ठश्लेष्मविवर्धनाः |
सरोजामधुराःस्निग्धाबल्यावातविनाशनाः ||११५||
नादेयाबृंहणामत्स्यागुरवोऽनिलनाशनाः |
रक्तपित्तकरावृष्याःस्निग्धोष्णाःस्वल्पवर्चसः ||११६||
चौञ्जाःपित्तकराःस्निग्धामधुरालघवोहिमाः |
तडागागुरवोवृष्याःशीतलामलमूत्रदाः |
ताडागवत्क्षिप्तजाताबलायुर्मतिदृक्कराः ||११७||

Properties of fish living in well

It aggravates semen, urine, skin diseases and *kapha*.

Properties of fish living in a large pond

***Rasa* (Taste):** *Madhura* (sweet).
***Guṇa* (Physical property):** *Laghu* (Light) and *snigdha*.
Effect on *Tridōśa*: Pacifies *vāta*.
Actions: Tonic.

Properties of fish living in river

***Rasa* (Taste):** *Madhura* (sweet).
***Guṇa* (Physical property):** *Gurū* (heavy) and *snigdha*.
Vīrya* (Potency):Ūśana* (hot).
Effect on *Tridōśa*: Pacifies *vāta*.
Actions: Spermopiotic, mild laxative and tonic.
Note: It leads to epistaxis.

Properties of fish living in tank

***Rasa* (Taste):** *Madhura* (sweet).
***Guṇa* (Physical property):** *Laghu* (Light) and *snigdha*.
Effect on *Tridōśa*: Pacifies *vāta*.

Properties of fish living in pond

***Guṇa* (Physical property):** *Gurū* (heavy).
Vīrya* (Potency):Śīta* (cold).
Actions: Spermopiotic, mild laxative and diuretic.

Properties of fish living in spring

***Guṇa* (Physical property):** *Gurū* (heavy).
Vīrya* (Potency):Śīta* (cold).
Actions: Spermopiotic, mild laxative and diuretic.
Note: It is especially useful for strength, age, wisdom and eye-sight.

10.50.25:*Ṛtuviśēṣānusāra matsyaviśēṣaguṇa*

हेमन्तेकूपजामत्स्याःशिशिरेसारसाहिताः ।
वसन्तेतेतुनादेयाग्रीष्मेचौञ्जासमुद्भवाः ॥११८॥
तडागजातावर्षासुतास्वपथ्यानदीभवाः ।
नैर्झराःशरदिश्रेष्ठाविशेषोऽयमुदाहृतः ॥११९॥

Chapter 11: *Kṛtannavarga*

11.1: Introduction

समवायिनिहेतौयेमुनिभिर्गणितागुणाः |
कार्येऽपितेऽखिलाज्ञेयाःपरिभाषेतिभाषिताः ||१||
क्वचित्संस्कारभेदेनगुणभेदोभवेद्यतः |
भक्तंलघुपुराणस्यशालेस्तच्चिपिटोगुरुः ||२||
क्वचिद्योगप्रभावेणगुणान्तरमपेक्षते |
कदन्नंगुरुसर्पिश्चलघूक्तंसुहितंभवेत् ||३||

The properties present in cereals and pulses are also shared by preparations obtained from them. Due to *samsakara* (process), some tines a change in the property can be encountered. In addition, *samjōga* (combination of two or more substances) also leads change in the property. For example, stale food and ghee, both is *gurū* (heavy) but when combined together both become easily digestible.

11.2.1: *Bhakta* (Boiled Rice)

भक्तमन्नंतथान्धश्चक्वचित्कूरंचकीर्त्तितम् |
ओदनोऽस्त्रीस्त्रियांभिस्सादीदिविःपुंसिभाषितः ||४||
सुधौतास्तण्डुलाःस्फीतास्तोयेपञ्चगुणेपचेत् |
तद्भक्तंप्रसुतंचोष्णंविशदंगुणवन्मतम् ||५||
भक्तंवह्निकरंपथ्यंतर्पणंरोचनंलघु |
अधौतमशृतंशीतंगुर्वरुच्यंकफप्रदम् ||६|

Synonyms: *Andha, anna, bhissa, didivi, kūra* and *ōdana.*

Preparation: First rice is properly washed with water. When they swell, then they are boiled in eight the times water. When complete, the husk is removed and used for consumption.

***Guṇa* (Physical property):** *Laghu* (light).
Action (s): Appetizer and nutritive.

11.2.2: *Bhakta* (Not properly washed or husk removed)

***Guṇa* (Physical property):** *Gurū* (heavy).
***Vīrya* (Potency):** *Śīta* (cold).
Effect on *Tridōśa*: Aggravates *kapha*.
Note: It lead to anorexia.

11.3: *Dālī*

दलितन्तुशमीधान्यंदालिर्दालीस्त्रियामुभे।
दालीतुसलिलेसिद्धालवणार्द्रकहिङ्गुभिः।
संयुक्तासूपनाम्नीस्यात्कथ्यन्तेतद्गुणाअथ ॥७॥
सूपोविष्टम्भकोरूक्षःशीतस्तुसविशेषतः।
निस्तुषोभृष्टसंसिद्धोलाघवंसुतरांव्रजेत् ॥८॥

Introduction: *Śamīdhānyaṁ* when processed leads to *dālī*.
Preparation: *Śamī*is boiled in water and then rock salt, *ārdraka* (*Zingiber officinale*) and *hiṅgu* (*Ferula asfoetida*) are added. This is known as soup.
***Guṇa* (Physical property):** *Rukśa* (heavy).
***Vīrya* (Potency):** *Śīta* (cold).
Note: 1.*Dālī* is difficult to digest.
2.The pulse when fried first and then husk removed becomes *laghu* (light).

11.4: *Kṛsarā*

तण्डुलादालिसंमिश्रालवणार्द्रकहिङ्गुभिः।
संयुक्ताःसलिलेसिद्धाःकृसराकथिताबुधैः ॥९॥
कृसराशुक्रलाबल्यागुरुःपित्तकफप्रदा।
दुर्जराबुद्धिविष्टम्भमलमूत्रकरीस्मृता ॥१०॥

Preparation: Equal quantity of *taṇḍulā* (rice) and pulse are boiled in water and accordingly, rock salt, *ārdraka* (*Zingiber officinale*) and *hiṅgu* (*Ferula asfoetida*) are added. When complete, this preparation is known as *kṛsarā*.
***Guṇa* (Physical property):** *Gurū* (heavy).
***Vīrya* (Potency):** *Śīta* (cold).
Effect on *Tridōśa*: Aggravates *kapha*.
Action (s): Spermopiotic, tonic, nootropic, diuretic and laxative.
Note:*Kṛsarā* takes time to digest.

11.5: *Tāpaharī*

घृतेहरिद्रासंयुक्तेमाषजांभर्जयेद्वटीम् ।
तण्डुलांश्चापिनिर्धौतान्सहैवपरिभर्जयेत् ॥११॥
सिद्धयोग्यंजलंतत्रप्रक्षिप्यकुशलःपचेत् ।
लवणार्द्रकहिङ्गूनिमात्रयातत्रनिःक्षिपेत् ।
एषासिद्धिःसमानक्षाप्रोक्तातापहरीबुधैः ॥१२॥
भवेत्तापहरीबल्यावृष्याश्लेष्माणमाचरेत् ।
बृंहणीतर्पणीरुच्यागुर्वीपित्तहरास्मृता ॥१३॥

Preparation: *Māṣa* is first grinded. Then it is fried in ghee containing *Haridra* (*Curcuma longa*) along with properly washed rice. Rock salt, *ārdraka* (*Zingiber officinale*) and *hiṅgu* (*Ferula asfoetida*) are added.
***Guṇa* (Physical property):** *Gurū* (heavy).
***Vīrya* (Potency):** *Śīta* (cold).
Effect on *Tridōśa*: Aggravates *kapha* a bit pacifies *pitta*.
Action (s): Spermopiotic, tonic, nutritive and appetizer.

11.6: *Paramānna* (*Kṣīrikā*)

पायसंपरमान्नंस्यात्क्षीरिकापितदुच्यते ।
शुद्धेऽर्धपक्वेदुग्धेतुघृताक्तांस्तण्डुलान्पचेत् ।
तेसिद्धाःक्षीरिकाख्यातासिताज्ययुतोत्तमा ।
क्षीरिकादुर्जराप्रोक्ताबृंहणीबलवर्द्धिनी ॥१४॥

Preparation: Rice fried in ghee is boiled in pure and half boiled milk. Sucrose and ghee are added and process completed.
Effect on *Tridōśa*: Pacifies *vāta* and *pitta*.
Action (s): Tonic and nutritive.
Note:*Paramānna*takes time to digest and suppress digestive fire.

11.6: *Nālikērakṣīrikā*

नालिकेरंतनूकृत्यछिन्नंपयसिगोःक्षिपेत् |
सितागव्याज्यसंयुक्तेतत्पचेन्मृदुनाऽग्निना ||१५||
नालिकेरोद्भवाक्षीरीस्निग्धाशीतातिपुष्टिदा |
गुर्वीसुमधुरावृष्यारक्तपित्तानिलापहा ||१६||

Preparation: Fruit of coconut is divided into small pieces and boiled in boiled milk containing sucrose and cow-ghee on low fire.
***Rasa* (Taste):** *Madhura* (sweet).
***Guṇa* (Physical property):** *Gurū* (heavy) and *snigdha*.
Vīrya* (Potency):Śīta* (cold).
Effect on *Tridōśa*: Pacifies *vāta*.
Action (s): Spermiopiotic.
Therapeutics: Bleeding diathesis.

11.7: *Sēvikā*

समितावर्त्तिकाःकृत्वासूक्ष्मांतुयवसन्निभाम् |
शुष्काःक्षीरेणसंसाध्याभोज्याघृतसितान्विता ||१७||
सेविकातर्पणीबल्यागुर्वीपित्तानिलापहा |
ग्राहिणीसन्धिकृद्रुच्यातांखादेन्नातिमात्रया ||१८||
गोधूमाधवलाधौताःकुट्टिताःशोषितास्ततः |
प्रोक्षितायन्त्रनिष्पिष्टाश्चालिताःसमिताःस्मृताः ||१९||

Preparation: Paste of starch is dried and then boiled in milk containing ghee and sucrose.
***Guṇa* (Physical property):** *Gurū* (heavy) and *snigdha*.

Effect on *Tridōśa*: Pacifies *vāta* and *pitta*.
Action (s): Astringent, appetizer and tonic.
Therapeutics: Fracture.
Note: It should not be consumed in excess.

11.8: *Samitā* (Starch)

Preparation: *Gōdhūma* is washed with water and then triturated in a pestle. It is dried and it is grinded in fine state.

11.9: *Maṇḍaka*

वारिणाकोमलांकृत्वासमितांसाधुमर्दयेत् |
हस्तचालनयातस्यालोप्त्रींसम्यक्प्रसारयेत् ||२०||
अधोमुखघटस्यैतद्विस्तृतंप्रक्षिपेद्बहिः |
मृदुनावह्निनासाध्यासिद्धोमण्डकउच्यते ||२१||
दुग्धेनसाज्यखण्डेनमण्डकंभक्षयेन्नरः |
अथवासिद्धमांसेनसतक्रवटकेनवा ||२२||
मण्डकोबृंहणोवृष्योबल्योरुचिकरोभृशम् |
पाकेऽपिमधुरोग्राहीलघुर्दोषत्रयापहः ||२३||

Preparation: Starch is processed in water to soften it. The paste is given shape of *chapati*, kept in an earthen pot and placed on fire.
***Rasa* (Taste):** *Madhura* (Sweet).
***Guṇa* (Physical property):** *Laghu* (Light).
Vīrya* (Potency):Śīta* (Cold).
Vipāka* (Post digestion effect):Madhura* (sweet).
Effect on *Tridōśa*: Pacifies *vāta*, *pitta* and *kapha*.
Action (s): Spermopiotic, tonic, appetizer and astringent.
Anupāna: *Ghṛta* and *śakrā* (sucrose), milk, prepared flesh and curd.

11.10: *Parpaṭikā*

कुर्यात्समितयाऽतीवतन्वीपर्पटिकाततः |

स्वेदयेत्तप्तकेतांतुपोलिकांजगदुर्बुधाः |
तांखादेल्लप्सिकायुक्तांतस्यामण्डकवद्गुणाः ||२४||

Preparation: Thin paste of starch is prepared and fried.
***Rasa* (Taste):** *Madhura* (sweet).
***Guṇa* (Physical property):** *Laghu* (light).
Vīrya* (Potency):Śīta* (cold).
Vipāka* (Post digestion effect):Madhura* (sweet).
Effect on *Tridōśa*: Pacifies *vāta*, *pitta* and *kapha*.
Action (s): Spermopiotic, tonic, appetizer and astringent.
Anupāna: *Lapsikā*.

11.11: *Lapsikā*

समितांसर्पिषाभृष्टांशर्करांपयसिक्षिपेत् |
तस्मिन्घनीकृतेन्यस्येल्लवङ्गंमरियादिकम् |
सिद्धैषालप्सिकाख्यातागुणास्तस्यावदाम्यहम् ||२५||
लप्सिकाबृंहणीवृष्याबल्यापित्तानिलापहा |
स्निग्धाश्लेष्मकरीगुर्वीरोचनीतर्पणीपरम् ||२६||

Preparation: Starch is fried in ghee. The add *śakrā*according to need and concentrate the whole. When complete, add some aromatic spices.
***Guṇa* (Physical property):** *Snigdha*.
Effect on *Tridōśa*: Pacifies *vāta* and *pitta*.
Action (s): Spermiopiotic, tonic and appetizer.
Anupāna: *Ghṛta* and *śakrā* (sucrose), milk, prepared flesh and curd.

11.12: *Rōtikā*

शुष्कगोधूमचूर्णेनकिञ्चित्पुष्टाञ्चपोलिकाम् |
तप्तकेस्वेदयेत्कृत्वाभूर्यङ्गारैश्चतांपचेत् |
सिद्धैषारोटिकाप्रोक्तागुणंतस्याप्रचक्ष्महे ||२७||
रोटिकाबलकृद्रुच्याबृंहणीधातुवर्धनी |
वातघ्नीकफकृदगुर्वीदीप्ताग्नीनांप्रपूजिता ||२८||

Preparation: Dried wheat flour is subjected to treatment of water. Small quantity of dried flour is applied to the paste. It is then placed over gentle fire.
***Guṇa* (Physical property):** *Gurū* (heavy).
Effect on *Tridōśa*: Pacifies *vāta* but aggravates *kapha*.
Action (s): Nutritive, tonic and appetizer.
Note: *Rōtikā*is good for people having good digestive ability.

11.13: *Aṅgārakarkaṭī*

शुष्कगोधूमचूर्णन्तुसाम्बुगाढंविमर्दयेत् ।
विधायवटकाकारंनिर्धूमेऽग्नौशनैःपचेत् ॥२९॥
अङ्गारकर्कटीह्येषाबृंहणीशुक्रलालघुः ।
दीपनीकफकृद्बल्यापीनसश्वासकासजित् ॥३०॥

Preparation: Water is added to dried wheat flour. The paste so formed is subjected to gentle fire.
***Guṇa* (Physical property):** *Laghu* (light).
Effect on *Tridōśa*: Aggravates *kapha*.
Action (s): Spermopiotic, tonic and appetizer.
Therapeutics: Rhinitis, asthma and cough.

11.14: *Yavarōṭikā*

यवजारोटिकारुच्यामधुराविशदालघुः ।
मलशुक्रानिलकरीबल्याहन्तिकफामयान् ॥३१॥

***Rasa* (Taste):** *Madhura* (Sweet).
***Guṇa* (Physical property):** *Laghu* (Light) and *viśada* (viscid).
Effect on *Tridōśa*: Pacifies *vāta* and *kapha*.
Action (s): Spermiopiotic, tonic and laxative.

11.15: *Balbhadrikā*

Preparation: It is dried powder of *Māśa*.
***Guṇa* (Physical property):** *Laghu* (light) and *rūkśa*.

Effect on *Tridōśa*: Aggravates *vāta*.
Action (s): Tonic and appetizer.

11.16: *Dhūmasī*

माषाणांदालयस्तोयेस्थापितास्त्यक्तकञ्चुकाः ।
आतपेशोषितायन्त्रेपिष्टास्ताधूमसीस्मृताः ॥३२॥

Preparation: *Māśa* is moistened with water; the coating is removed and dried in sun and flour prepared.

11.17: *Jharjharī*

धूमसीरचिताचैवप्रोक्ताझर्झरिकाबुधैः ।
झर्झरीकफपित्तघ्नीकिञ्चिद्वातकरीस्मृता ॥३३॥

Preparation: *Jharjharī* is *chapati* prepared from *dhūmasī*.
Effect on *Tridōśa*: Pacifies *pitta* and *kapha* but aggravates *vāta*.

11.18.1: *Caṇarōṭikā*

चणक्यारोटिकारूक्षाश्लेष्मपित्तास्रनुद्गुरुः ।
विष्टम्भिनीचचक्षुष्यातद्गुणाचापिशष्कुली ॥३४॥

***Rasa* (Taste):** *Madhura* (Sweet).
***Guṇa* (Physical property):** *Gurū* (heavy) and *rūkśa*.
Effect on *Tridōśa*: Pacifies *pitta* and *kapha*.
Therapeutics: Eye-diseases and blood diseases.
Note: *Caṇarōṭikā* disturbs digestion.

11.18.2: *Puri* of *Caṇaka*

***Rasa* (Taste):** *Madhura* (Sweet).
***Guṇa* (Physical property):** *Gurū* (heavy) and *rūkśa*.
Effect on *Tridōśa*: Pacifies *pitta* and *kapha*.
Therapeutics: Eye-diseases and blood diseases.

11.19: *Piṣṭikā*

दालिःसंस्थापितातोयेततोऽपहृतकञ्चुका।
शिलायांसाधुसम्पिष्टापिष्टिकाकथिताबुधैः ॥३५॥

Preparation: Pulses are moistened with water. Outer coating is removed and grinded over a slab.

11.20: *Bēḍhamikā*

माषपिष्टिकयापूर्णगर्भागोधूमचूर्णतः।
रचितारोटिकासैवप्रोक्ताबेढमिकाबुधैः ॥३६॥
भवेद्बेढमिकाबल्यावृष्यारुच्याऽनिलापहा।
उष्णासन्तर्पणीगुर्वीबृंहणीशुक्रलापरम् ॥३७॥
भिन्नमूत्रमलास्तन्यमेदःपित्तकफप्रदा।
गुदकीलार्दितश्वासपक्तिशूलानिनाशयेत् ॥३८॥

Preparation: It is chapatti prepared from wheat flour containing *piṣṭikā* of *māśa*.
***Guṇa* (Physical property):** *Gurū* (heavy) and *rūkśa*.
Effect on *Tridōśa*: Aggravates *pitta* and *kapha*.

Actions: Tonic, spermopiotic, aphrodisiac, appetizer, nutritive, laxative, diuretic and galactagouge.
Therapeutics: Rectal diseases, obesity, facial palsy, asthma and duodenal ulcer.

11.21.1: *Parpaṭa* prepared from *Māśa*

धूमसीरचिताहिङ्गुहरिद्रालवणैर्युता।
जीरकस्वर्जिकाभ्याञ्चतनूकृत्यचवेल्लिता ॥३९॥
पर्पटास्तेसदाङ्गारभृष्टाःपरमरोचकाः।
दीपनाःपाचनाःरूक्षागुरवःकिञ्चिदीरिताः ॥४०॥

Preparation: *Dhūmasī* is moistened with water. Accordingly *hiṅgu, haridrā, lavaṇa, ryutā, jīraka and svarjikā* are added to the paste of *dhūmasī.* Then *chapati* is prepared which is known as *parpaṭa.*
***Rasa* (Taste):** *Madhura* (Sweet).
***Guṇa* (Physical property):** *Gurū* (heavy) and *rūkśa.*
Actions: Appetizer and digestive.

11.21.2: *Parpaṭa* prepared from *Mudga*

मौद्गाश्चतद्गुणाःप्रोक्ताविशेषाल्लघवोहिताः |

***Rasa* (Taste):** *Madhura* (Sweet).
***Guṇa* (Physical property):** *Gurū* (heavy) and *rūkśa.*
Actions: Appetizer and digestive.

11.21.3: *Parpaṭa* prepared from *Caṇaka*

चणकस्यगुणैर्युक्ताःपर्पटाश्चणकोद्भवाः |

***Rasa* (Taste):** *Madhura* (sweet).
***Guṇa* (Physical property):** *Gurū* (heavy) and *rūkśa.*
Actions: Appetizer and digestive.

11.21.4: *Parpaṭa* fried in Oil

स्नेहभृष्टास्तुतेसर्वेभवेयुर्मध्यमागुणैः ||४१||

***Rasa* (Taste):** *Madhura* (Sweet).
***Guṇa* (Physical property):** *Gurū* (heavy) and *rūkśa.*
Actions: Appetizer and digestive.
Note: It is inferior as compared to *parpaṭa* prepared from *mudga, māśa* and *caṇaka.*

11.22.1: *Pūrikā*

माषाणांपिष्टिकांपूर्याल्लवणार्द्रकहिङ्गुभिः |

तयापिष्टिकयापूर्णासमिताकृतपोलिका।
ततस्तैलेनपक्वासापूरिकाकथिताबुधैः ॥४२॥
रुच्यास्वाद्वीगुरुःस्निग्धाबल्यापित्तास्रदूषिका।
चक्षुस्तेजोहरीचोष्णापाकेवातविनाशिनी।
तथैवघृतपक्वापिचक्षुष्यारक्तपित्तहृत् ॥४३॥

Preparation: *Lavaṇa*, *haridrā, ārdraka* and *hiṅgu* are added to the *piṣṭikā* of *dhūmasī*. This is put inside paste of *samitā* and *chapati* prepared from it. The *chapati* is then fried in oil.

11.22.2: *Pūrikā* prepared in oil

***Guṇa* (Physical property):** *Gurū* (heavy) and *snigdha*.
Vīrya* (Potency):Ūśaṇa* (hot).
Effect on *Tridōśa*: Aggravates *pitta* but pacifies *vāta*.
Action (s): Tonic and appetizer.
Note: It is harmful for eyes and blood.

11.22.3: *Pūrikā* prepared in ghee

***Guṇa* (Physical property):** *Gurū* (heavy) and *snigdha*.

Vīrya* (Potency):Ūśaṇa* (hot).
Effect on *Tridōśa*: Aggravates *pitta* but pacifies *vāta*.
Therapeutics: Eye-diseases and bleeding diathesis.

11.22.1: *Vaṭaka*

Śuśakavaṭaka

माषाणांपिष्टिकांयुक्तांलवणार्द्रकहिङ्गुभिः।
कृत्वाविदध्याद्वटकांस्तांस्तैलेषुपचेच्छनैः ॥४४।
।विशुष्कावटकाबल्याबृंहणावीर्यवर्धनाः।
वातामयहरारुच्याविशेषाददितापहाः ॥४५॥

विबन्धभेदिनःश्लेष्मकारिणोऽत्यग्निपूजिताः ।
संचूर्ण्यनिक्षिपेत्तक्रेभृष्टजीरकहिङ्गुभिः ॥४६॥
लवणंतत्रवटकान्सकलानपिमज्जयेत् ।
शुक्रलस्तत्रवटकोबलकृद्रोचनोगुरुः ॥४७॥
विबन्धहृद्विदाहीचश्लेष्मलःपवनापहः ।
राज्यक्तपातिनोवान्यान्पाचनांस्तांस्तुभक्षयेत् ॥४८॥

Preparation: *Haridrā, ārdraka* and *hiṅgu* are added to the *piṣṭikā* of *dhūmasī* and pill is prepared from it. The pill is then fried in oil.
Effect on *Tridōśa*: Aggravates *kapha* but pacifies *vāta*.
Actions: Tonic, appetizer, laxative and spermopiotic.
Therapeutics: Facial palsy.
Note: It is good for people having good appetite.

11.22.2: *Sarasavaṭaka*

Preparation: *Haridrā, ārdraka* and *hiṅgu* are added to the *piṣṭikā* of *dhūmasī* and pill is prepared from it. The pill is then fried in oil. This is then kept in buttermilk containing fried *jīraka*, powder of *hiṅgu* and *Sandhavalavaṇa*.
***Guṇa* (Physical property):** *Gurū* (heavy).
Effect on *Tridōśa*: Aggravates *kapha* but pacifies *vāta*.
Actions: Tonic and spermopiotic.
Therapeutics: Constipation.

11.23: *Kāñjikavaṭaka*

मन्थनीनूतनाधार्याकटुतैलेनलेपिता ।
निर्मलेनाम्बुनापूर्यतस्यांचूर्णंविनिःक्षिपेत् ॥४९॥
राजिकाञ्जीरकलवणहिङ्गुशुण्ठीनिशाकृतम् ।
निःक्षिपेद्वटकांस्तत्रभाण्डस्यास्यचमुद्रयेत् ।
ततोदिनत्रयादूर्ध्वमम्लाःस्युर्वटकाध्रुवम् ॥५०॥
काञ्जिकवटकोरुच्योवातघ्नःश्लेष्मकारकःशीतः ।
दाहंशूलमजीर्णंक्षिप्रंहरतेदृगामयेष्वहितः ॥५१॥

Preparation: A strong earthen pot is taken and pungent oil is applied inside. It is then filled with fresh water. Powders of *rājikā, jīraka, lavaṇa, hiṅgu* and *śuṇṭhī* are put inside the pot and then filled with *vaṭaka* of *māśa* up to the neck. The mouth of the pot is closed. After three days, *vaṭaka* becomes sour. On fourth day, the lid of the pot is removed.
Guṇa **(Physical property):** *Gurū* (heavy).
Effect on *Tridōśa*: Aggravates *kapha* but pacifies *vāta*.
Actions: Appetizer.
Therapeutics: Colic, dyspepsia and burning sensation.

11.24: *Amlikāvāṭaka*

अम्लिकांस्वेदयित्वातुजलेनसहमर्दयेत् |
तन्नीरेकृतसंस्कारेवटकान्मज्जयेत्पुनः ||५२||
अम्लिकावटकास्तेतुरुच्यावह्निप्रदीपनाः |
वटकस्यगुणैःपूर्वैरिषोऽपिचसमन्वितः ||५३||

Preparation: *Amlikā* is boiled in water and then pressed for juice.Powders of *rājikā, jīraka, lavaṇa, haridrā* and *hiṅgu* are added *vaṭaka* of *māśa* to the juice.
Guṇa **(Physical property):** *Gurū* (heavy).
Effect on *Tridōśa*: Aggravates *kapha* but pacifies *vāta*.
Actions: Appetizer.
Therapeutics: Colic, dyspepsia and burning sensation.

11.25: *Mudagavātaka*

मुद्गानांवटकास्तक्रेभर्जितालघवोहिमाः |
संस्कारजप्रभावेणत्रिदोषशमनाहिताः ||५४||

Preparation: *Haridrā, ārdraka* and *hiṅgu* are added to the *piṣṭikā* of *mudaga* and pills are prepared from it.
Guṇa **(Physical property):** *Laghu* (light).
Vīrya **(Potency):***Śīta* (cold).
Effect on *Tridōśa*: Pacifies *vāta*, *pitta* and *kapha*.

11.26: *Māṣavaṭikā*

माषाणांपिष्टिकाहिङ्गुलवणार्द्रकसंस्कृता ।
तयाविरचितावस्त्रेवटिकाःसाधुशोषितः ।
भर्जितास्तप्ततैलैस्ताअथवाम्बुप्रयोगतः ।
वटकस्यगुणैर्युक्ताज्ञातव्यारोचनाभृशम् ॥५५॥

Preparation: *Haridrā, ārdraka* and *hiṅgu* are added to the *piṣṭikā* of *dhūmasī* and pill is prepared from it. The pill is then fried in oil.
***Guṇa* (Physical property):** *Laghu* (Light).
Vīrya* (Potency):Śīta* (cold).
Effect on *Tridōśa*: Pacifies *vāta*, *pitta* and *kapha*.
Action: Tonic.

11.27: *Kūṣmāṇḍakavaṭī*

कूष्माण्डकवटीज्ञेयापूर्वोक्तवटिकागुणा ।
विशेषात्पित्तरक्तघ्नीलघ्वीचकथिताबुधैः ॥५६॥

Preparation: *Haridrā, ārdraka* and *hiṅgu* are added to the *piṣṭikā* of *dhūmasī* and small pills are prepared from it. Small pieces of *Kushamanda* are added to *Pishthika.*
***Guṇa* (Physical property):** *Laghu* (light).
Vīrya* (Potency):Śīta* (cold).
Effect on *Tridōśa*: Pacifies *vāta*, *pitta* and *kapha*.
Action: Tonic.
Therapeutics: Blood diseases.

11.28: *Mudagavaṭī*

मुद्गानांवटिकातद्वद्रचितासाधितातथा ।
पथ्यारुच्यातथालघ्वीमुद्गसूपगुणास्मृता ॥५७॥

Preparation: *Haridrā, ārdraka* and *hiṅgu* are added to the *piṣṭikā* of *mudaga*and small pills are prepared from it.

Guṇa (Physical property): *Laghu* (light).
Action: Appetizer.

11.29: *Alīkamatsya*

माषपिष्टिकयालिप्तंनागवल्लीदलंमहत्।
तत्तुसंस्वेदयेद्युक्त्यास्थाल्यामास्तारकोपरि।
ततोनिष्कास्यतंखण्ड्यंततस्तैलेनभर्जयेत् ॥५८॥
अलीकमत्स्यउक्तोऽयंप्रकारःपाकपण्डितैः।
तंवृन्ताकभटित्रेणवास्तूकेनचभक्षयेत् ॥५९॥
अलीकमत्स्याःशुष्कावाकिंवाक्वथितयापुनः।
बृंहणारोचनावृष्याबल्यावातगदापहाः ॥६०॥
कोष्ठशुद्धिकराःशुष्काःकिञ्चित्पित्तप्रकोपणाः।
अर्दितेसहनुस्तम्भेविशेषेणहिताःस्मृताः ॥६१॥

Preparation: Take large leaves of *nāgavallī* and tie them with *piṣṭikā* of *māṣa*.Take a bucket and tie a cloth at its mouth. Keep all on gentle fire and allow them to boil. When the process is completed, the obtained substance is cut in to small pieces and fried in oil.
Note: *Alīkamatsya* should be consumed with brinjal or spinach.

11.30: *Kvathita*

स्थाल्यांघृतेवातैलेवाहरिद्राहिङ्गुभर्जयेत्।
अवलेहनसंयुक्तंतक्रंतत्रैवनिक्षिपेत्।
एषासिद्धासमरिचाक्वथिताकथिताबुधैः ॥६२॥
क्वथितापाचनीरुच्यालघ्वीवह्निप्रदीपनी।
कफानिलविबन्धघ्नीकिञ्चित्पित्तप्रकोपणी ॥६३॥

Preparation: Take a steel vessel or bucket and add ghee or oil in it. Then add *haridrā* and *hiṅgu* and fry. Then add *samitā* dissolved in water and buttermilk and boil. Add *maricā* and *lavaṇa*.
Guṇa (Physical property): *Laghu* (light).

Effect on *Tridōśa*: Pacifies *vāta* and *kapha* but aggravates *pitta*.
Action: Digestive and appetizer.
Therapeutics: Constipation.

11.31.1: Properties of *Alīkamatsya*

***Guṇa* (Physical property):** *Laghu* (light).
Effect on *Tridōśa*: Pacifies *vāta*.
Action: Tonic, nutritive, spermopiotic and laxative.

11.31.2: Properties of dry *Alīkamatsya*

***Guṇa* (Physical property):** *Laghu* (light).
Effect on *Tridōśa*: Pacifies *vāta* but aggravates *pitta*.
Action: Tonic, nutritive, spermopiotic and laxative.
Therapeutics: Facial paralysis and trismus.

11.32: *Mudgardraka Vātaka*

मुद्गपिष्टविरचितान्वटांस्तैलेनपाचितान् ।
हस्तेनचूर्णयेत्सम्यग्यस्मिंश्चूर्णेविनिःक्षिपेत् ॥६४॥
भृष्टंहिङ्ग्वार्द्रकंसूक्ष्मंमरिचंजीरकंतथा ।
निम्बूरसंयवानींचयुक्त्यासर्वंविमिश्रयेत् ॥६५॥
मुद्गपिष्टिंपचेत्सम्यक्स्थाल्यामास्तारकोपरि ।
तस्यास्तुगोलकंकुर्यात्तन्मध्येपूरणंक्षिपेत् ।
तैलेतान्गोलकान्पक्त्वाक्वथितायांनिमज्जयेत् ॥६६॥
गोलकाःपाचकाःप्रोक्तास्तेत्वार्द्रकवटाअपि ।
मुद्गार्द्रकवटारुच्यालघवोबलकारकाः ।
दीपनास्तर्पणाःपथ्यास्त्रिषुदोषेषुपूजिताः ॥६७॥

Preparation: First prepare large pill from *piṣṭikā* of *mudaga*. Fry it in oil and then powder it. Take powder of fried *hiṅgu,* thin and small pieces of *ārdraka, maricā, jīraka, nimbūrasa* and *yavānī* and mix with fried powder.Take a bucket and put *piṣṭikā* of*mudaga* in it. Tie a cloth on bucket's mouth and keep it on gentle fire. When the process is complete, make large pills. Fry them in oil consisting of powderof fried *hiṅgu*, thin and small pieces of *ārdraka, maricā, jīraka, nimbūrasa* and *yavānī*. Then moisten it with *kvathita*.

***Guṇa* (Physical property):** *Laghu* (light).
Effect on *Tridōśa*: Pacifies *vāta*, *pitta* and *kapha*.
Action: Appetizer and tonic.

11.33: *Bēsana*

दालयश्चणकानांतुनिस्तुषायन्त्रपेषिताः।
तच्चूर्णबेसनंप्रोक्तंपाकशास्त्रविशारदैः।
वटिकाबेसनस्यापिक्वथितायांनिभर्जिता।
रुच्याविष्टम्भजननीबल्यापुष्टिकरीस्मृता ॥६८॥

Preparation: It is flour of *caṇaka* with outer coat intact.

11.34: *Bēsana vaṭikā*

Preparation: It is large pill of *bēsana*moistened with *kvathita*.
Action: Appetizer, tonic and nutritive.
Note: It is difficult to digest.

11.35: *Śuddhamāṁsa*

पाकपात्रेघृतंदद्यात्तैलञ्चतदभावतः।
तत्रहिङ्गुहरिद्रांचभर्जयेत्तदनन्तरम् ॥६९॥
छागादेरस्थिरहितंमांसंतत्खण्डितंध्रुवम्।
धौतंनिर्गालितंतस्मिन्घृतेतद्भर्जयेच्छनैः ॥७०॥
सिद्धयोग्यंजलंदत्त्वालवणन्तुपचेत्ततः।
सिद्धेजलेनसम्पिष्यवेशवारंपरिक्षिपेत् ॥७१॥

Method of purification: Take ghee or oil in a vessel and fry with *hiṅgu* and *haridrā*. Then take flesh (of any animal) and make small pieces. Discard the bones and wash the cut pieces properly with water. Then fry within the vessel containing fried *hiṅgu* and *haridrā*. When complete, add *lavaṇa* and fry again.

11.36: *Vēśavāraṁ*

Ingredients: Leaves of *Nāgavallī, taṇḍula, lavaṅga* and *marica*.

11.37: Properties of pure *māṁsa*

Effect on *Tridōśa*: Pacifies *vāta*, *pitta* and *kapha*.
Action: Spermopoitic, tonic, appetizer, anabolic and nutritive.
Therapeutics: Blood diseases.

11.38: *Sahadraka*

छागादेर्मांसमूर्वादेःकुट्टितंखण्डितंपुनः ।
शुद्धमांसविधानेनपचेदेतत्सहद्रकम् ।
सहद्रकंगुणैर्ग्रन्थेशुद्धमांसगुणंस्मृतम् ॥७४॥

Preparation: Take ghee or oil in a vessel and fry with *hiṅgu* and *haridrā*. Then take flesh (of any animal) and make small pieces. Discard the bones and wash the cut pieces properly with water. Then fry within the vessel containing fried *hiṅgu* and *haridrā*. When complete, add *lavaṇa* and fry again.
Effect on *Tridōśa*: Pacifies *vāta*, *pitta* and *kapha*.
Action: Spermopoitic, tonic, appetizer, anabolic and nutritive.
Therapeutics: Blood diseases.

11.39: *Takramāṁsa*

पाकपात्रेघृतंदत्त्वाहरिद्रांहिङ्गुभर्जयेत् ।
छागादेःसकलस्यापिखण्डान्यपिचभर्जयेत् ॥७५॥
सिद्धयोग्यंजलंदत्त्वापचेन्मृदुतरंतथा ।

जीरकादियुतेतक्रेमांसखण्डानितारयेत् ||७६||
तक्रमांसन्तुवातघ्नंलघुरुच्यंबलप्रदम् |
कफघ्नंपित्तलंकिञ्चित्सर्वाहारस्यपाचनम् ||७७||

Preparation: Take *hiṅgu* and *haridrā* in a vessel and fry in ghee. Then take flesh (of any animal) and make small pieces and fry again. The add water and boil over gentle fire. When complete, add buttermilk containing *jīraka*.
***Guṇa* (Physical property):** *Laghu* (light).
Effect on *Tridōśa*: Pacifies *vāta* and *kapha* but aggravates *pitta*.
Action: Tonic, appetizer, nutritive and digestive.

11.40: *Harīsā*

पाकपात्रेतुबृहतिमांसखण्डानिनिःक्षिपेत् |
पानीयंप्रचुरंसर्पिःप्रभूतंहिङ्गुजीरकम् ||७८||
हरिद्रामार्द्रकंशुण्ठींलवणंमरिचानिच |
तण्डुलांश्चापिगोधूमाञ्जम्बीराणांरसान्बहून् ||७९||
यथासर्वाणिवस्तूनिसुपक्वानिभवन्तिहि |
तथापचेत्तुनिपुणोबहुमांसंक्षितिर्यथा ||८०||
एषाहरीसाबलकृद्वातपित्तापहागुरुः |
शीतोष्णाशुक्रदास्निग्धासरासन्धानकारिणी ||८१||

Preparation: Take small pieces of flesh and required amount of water in a vessel. The take *sarpi, prabhūta, hiṅgu, jīraka, haridrā, ārdraka, śuṇṭhī, lavaṇa, marica, taṇḍula, gōdhūma, jambīra* and add them in vessel. It should be boiled in such a way that it should contain juice in more amounts.
***Guṇa* (Physical property):** *Gurū* (heavy) and *snigdha*.
***Vīrya* (Potency):** *Śītōṣṇā*.
Effect on *Tridōśa*: Pacifies *vāta* and *pitta*.
Action: Spermopiotic, laxative, tonic and nutritive.
Therapeutics: Fracture.

11.41: *Talitamāṁsa*

शुद्धमांसविधानेनमांसंसम्यक्प्रसाधितम् |
पुनस्तदाज्येसम्भृष्टंतलितंप्रोच्यतेबुधैः ||८२||
तलितंबलमेधाग्निमांसौजःशुक्रवृद्धिकृत् |
तर्पणंलघुसुस्निग्धंरोचनंदृढताकरम् ||८३||

Preparation: Take small pieces of flesh and required amount of water in a vessel. The take *sarpi, prabhūta, hiṅgu, jīraka, haridrā, ārdraka, śuṇṭhī, lavaṇa, marica, taṇḍula, gōdhūma, jambīra* and add them in vessel. It should be boiled in such a way that it should contain juice in more amounts. The flesh is further fried in ghee.
***Guṇa* (Physical property):** *Laghu* (light) and excessively *snigdha*.
***Vīrya* (Potency):** *Śītōṣṇā*.
Effect on *Tridōśa*: Pacifies *vāta* and *pitta*.
Action: Spermopiotic, immune-boosting, nootropic, appetizer, anabolic, tonic and nutritive.

11.42: *Śūlyapala*

कालखण्डादिमांसानिग्रथितानिशलाकया |
घृतंसलवणंदत्त्वानिर्धूमेदहनेपचेत् |
तत्तुशूल्यमितिप्रोक्तंपाककर्मविचक्षणैः ||८४||
शूल्यंपलंसुधातुल्यंरुच्यंवह्निकरंलघु |
कफवातहरंबल्यंकिञ्चित्पित्तकरंहितत् ||८५||

Preparation: Pieces of flesh are mixed with *sarpi* and *lavaṇa* in a vessel. This is then exposed to fire (without fumes) and allowed to fry slowly.
***Guṇa* (Physical property):** *Laghu* (light).
Effect on *Tridōśa*: Pacifies *vāta* and *kapha* but aggravates *pitta*.
Action: Appetizer and tonic.

11.43: *Māṁsaśṛṅgāṭaka*

Preparation: Small pieces of flesh are boiled in water. It is then mixed with powders of *lavaṇga, hiṅgu, haridrā, ārdraka, lavaṇa*, *marica*, *ēlā* and *dhānyaka* and lemon juice and fried in aromatic *sarpi*. Then *samitā* is mixed with water to obtain a paste. The processed flesh is put inside paste and further fried in *sarpi.*
***Guṇa* (Physical property):** *Gurū* (heavy).
Effect on *Tridōśa*: Pacifies *vāta*, *pitta* and *kapha*.
Action: Spermopiotic, appetizer, tonic and nutritive.

11.44: *Māṁsarasa*

सिद्धमांसरसोरुच्यःश्रमश्वासक्षयापहः |
प्रीणनोवातपित्तघ्नःक्षीणानामल्परेतसाम् ||८९||
विश्लिष्टभग्नसन्धीनांशुद्धानांशुद्धिकाङ्क्षिणाम् |
स्मृत्योजोबलहीनानांज्वरक्षीणक्षतोरसाम् ||९०||
शस्यतेस्वरहीनानांदृष्ट्यायुःश्रवणार्थिनाम् |
प्रकाराःकथिताःसन्तिबहवोमांससम्भवाः |
ग्रन्थविस्तारभीतेस्तेमंयानात्रप्रकीर्तिताः ||९१||

Action: Spermopiotic, immune-boosting, nootropic, tonic and nutritive.
Therapeutics: Fatigue, asthma, phthisis, fractures, oligozoospermia, loss of memory, debility after fevers and deafness.

11.45: *Śākapākavidhi*

हिङ्गुजीरयुतेतैलेक्षिपेच्छाकंसुखण्डितम् |
लवणंचाम्लचूर्णादिसिद्धेहिङ्गूदकंक्षिपेत् |
इत्येवंसर्वशाकानांसाधनेऽभिहितोविधिः ||९२||

Preparation: *Śāka* is cut into small pieces. It is then fried in oil containing *hiṅgu* and *jīraka*. The add *lavaṇa, āmlacūrṇā* and *hiṅgu* containing water and again boil.

11.46: *Pakvānna sādhanavidhi*

Manthaka

समितांमर्दयेदन्यजलेनापिचसन्नयेत् |
तस्यास्तुवटिकांकृत्वापचेत्सर्पिषिनीरसम् ||९३||
एलालवङ्गकर्पूरमरिचाद्यैरलङ्कृते |
मज्जयित्वासितापाकेततस्तञ्चसमुद्धरेत् |
अयंप्रकारःसंसिद्धौमण्ठइत्यभिधीयते ||९४||
मण्ठस्तुबृंहणोवृष्योबल्यःसुमधुरोगुरुः |
पित्तानिलहरोरुच्योदीप्ताग्नीनांसुपूजितः ||९५||
समिताःशर्करासर्पिर्निर्मिताअपरेऽपिये |
काराअमुनातुल्यास्तेऽपिचैतद्गुणाःस्मृताः ||९६||

Preparation: Take *Samitā* and rub it with ghee and water. Make large pills and fry them in *Ghee*. Then prepare a confection of sucrose and add *elā, lavaṇga, karpūra* and *marica*. Dip the pills in the confection. When the pills become wet remove them from the confection and store.
***Rasa* (Taste):** *Madhura* (sweet).
***Guṇa* (Physical property):** *Gurū* (heavy).
Effect on Tridōśa: Pacifies *vāta* and *pitta*.
Action: Appetizer, aphrodisiac and tonic.

11.47: *Sampāva*

पर्पट्यःसाज्यसमितानिर्मिताघृतभर्जिताः |
कुट्टिताश्चालिताःशुद्धशर्कराभिर्विमर्दिताः ||९७||
तत्रचूर्णंक्षिपेदेलालवङ्गमरिचानिच |
नालिकेरंसकर्पूरंचारबीजान्यनेकधा ||९८||
घृताक्तसमितापुष्टरोटिकारचितातत: |

तस्यान्तःपूरणंतस्यकुर्यान्मुद्रांदृढांसुधीः ॥९९॥
सर्पिषिप्रचुरेतान्तुसुपचेन्निपुणोजनः।
प्रकारज्ञैःप्रकारोऽयंसम्पावइतिकीर्त्तितः ॥१००॥

Preparation: Make chapatti of *samitā* after processing in *Ghee*. Make a paste of it by working in a pestle and mix with powder of *samitā*. Then take powder of *ēlā, lavaṇga, marica, nārikēla*, *karpūra* and *cārabījā* and mix with paste and keep them in a vessel. It is put on gentle fire.
***Rasa* (Taste):** *Madhura* (sweet).
***Guṇa* (Physical property):** *Gurū* (heavy).
Effect on *Tridōśa*: Pacifies *vāta* and *pitta*.
Action: Appetizer, aphrodisiac and tonic.

11.48: *Karpūrnālikā*

घृताढ्ययासमितयालम्बंकृत्वापुटंततः।
लवङ्गोल्बणकर्पूरयुतयासितयाऽन्वितम् ॥१०१॥
पचेदाज्येनसिद्धैषाज्ञेयाकर्पूरनालिका।
सम्पावसदृशीज्ञेयागुणैःकर्पूरनालिका ॥१०२॥

Preparation: Take *samitā* after processing it in *ghee*. Make a paste which resembles an elongated pipe. Add powders of *lavaṇga, marica, karpūra* and finely powered sucrose in the paste. Close the mouth of the paste and fry in Ghee.
***Rasa* (Taste):** *Madhura* (sweet).
***Guṇa* (Physical property):** *Gurū* (heavy).
Effect on *Tridōśa*: Pacifies *vāta* and *pitta*.
Action: Appetizer, aphrodisiac and tonic.

11.49: *Phenikā*

समितायाघृताढ्यायावर्तिंदीर्घांसमाचरेत्।
तास्तुसन्निहितादीर्घाःपीठस्योपरिधारयेत् ॥१०३॥
वेल्लयेद्वेल्लनेनैतायथैकापर्पटीभवेत्।
ततश्छुरिकयातान्तुसंलग्नामेवकर्त्तयेत् ॥१०४॥

ततस्तुवेल्लयेद्भूयःसट्टकेनचलेपयेत् |
शालिचूर्णघृतंतोयंमिश्रितंसट्टकंवदेत् ||१०५||
ततःसंवृत्यतल्लोप्त्रींविदधीतपृथक्पृथक् |
पुनस्तांवेल्लयेल्लोप्त्रींयथास्यान्मण्डलाकृतिः ||१०६||
ततस्तांसुपचेदाज्येभवेयुश्चस्फुटाःस्फुटाः |
सुगन्धयाशर्करयातदुद्धूलनमाचरेत् ||१०७||
सिद्धैषाफेनिकानाम्नीमण्डकेनसमागुणैः |
ततःकिञ्चिल्लघुरियंविशेषोऽयमुदाहृतः ||१०८||

Preparation: Take *samitā* after processing it in *ghee*. Make a paste which resembles an elongated pipe. Then divide it into two parts with help of a knife. Again separate the divided parts and add powder of *bhāta, ghee* and *water*. By doing this a paste is formed.Handle the paste in such a way that a round chapatti is formed. Fry it in *ghee* and moisten with confection of *śakarā*.
***Rasa* (Taste):** *Madhura* (sweet).
***Guṇa* (Physical property):** *Gurū* (heavy).
Effect on *Tridōśa*: Pacifies *vāta* and *pitta*.
Action: Appetizer, aphrodisiac and tonic.

11.50: *Śaṣkulī*

समितायाघृताक्तायालोप्त्रींकृत्वाचवेल्लयेत् |
आज्येतांभर्जयेत्सिद्धाशष्कुलींफेनिकागुणा ||१०९||

Preparation: Take *samitā* after processing it in *ghee*. Make a paste and fry in *ghee*.
***Rasa* (Taste):** *Madhura* (sweet).
***Guṇa* (Physical property):** *Gurū* (heavy).
Effect on *Tridōśa*: Pacifies *vāta* and *pitta*.
Action: Appetizer, aphrodisiac and tonic.

11.51: *Mōdaka*

घृताढ्ययासमितयाकृत्वासूत्राणितानितु |
निपुणोभर्जयेदाज्येखण्डपाकेनयोजयेत् |

युक्तेनमोदकान्कुर्यात्तेगुणैर्मण्डकायथा ॥११०॥

Preparation: Take *samitā* after processing it in *ghee.* Make a paste resembling fibers and fry in *ghee*. When the process is completed, treat the paste with confection of sucrose and prepare *mōdaka*.
***Rasa* (Taste):** *Madhura* (sweet).
***Guṇa* (Physical property):** *Gurū* (heavy).
Effect on *Tridōśa*: Pacifies *vāta* and *pitta*.
Action: Appetizer, aphrodisiac and tonic.

11.52: *Muktāmōdaka*

मुद्गानांधूमसींसम्यग्घोलयेन्निर्मलाऽम्बुना।
कटाहस्थघृतैरूर्ध्वंझर्झरंस्थापयेत्ततः ॥१११॥
धूमसीन्तुद्रवीभूतांप्रक्षिपेज्झर्झरोपरि।
पतन्तिबिन्दवस्तस्मात्तान्सुपक्वान्समुद्धरेत्।
सितापाकेनसंयोज्यकुर्यादधस्तेनमोदकान् ॥११२॥
लघुर्ग्राहीत्रिदोषघ्नःस्वादुःशीतोरुचिप्रदः।
चक्षुष्योज्वरहृद्बल्यस्तर्पणोमुद्गमोदकः ॥११३॥
एवमेवप्रकारेणकार्याबेसनमोदकाः।
तेबल्यालघवःशीताःकिञ्चिद्वातकरास्तथा।
विष्टम्भिनोज्वरघ्नाश्चपित्तरक्तकफापहाः ॥११४॥

Preparation: Concentrate *mudaga* is water. Take Ghee in a steel utensil and put it on gentle fire. Cover the utensil with a lid. Place *mudaga* on the lid and allow it to pour in the utensil. When the process is completed, treat them with confection of sucrose and prepare *mōdaka.*
***Rasa* (Taste):** *Madhura* (sweet).
***Guṇa* (Physical property):** *Laghu* (light).
Vīrya **(Potency):** *Śīta* (cold).
Action: Astringent, febrifuge and tonic.
Therapeutics: Eye-ailments.

11.53: *Bēsana mōdaka*

Preparation: Concentrate *bēsana*is water. Take Ghee in a steel utensil and put it on gentle fire. Cover the utensil with a lid. Place *bēsana*on the lid and allow it to pour in the utensil. When the process is completed, treat them with confection of sucrose and prepare *modōka*.
***Rasa* (Taste):** *Madhura* (sweet).
***Guṇa* (Physical property):** *Laghu* (light).
***Vīrya* (Potency):** *Śīta* (cold).
Effect on *Tridōśa*: Pacifies *kapha* and *pitta* but aggravates *vāta*.
Action: Astringent, febrifuge and tonic.
Therapeutics: Blood-ailments.

11.54: *Dugdhakūpikā*

तण्डुलचूर्णविमिश्रितनष्टक्षीरेणसान्द्रपिष्टेन ।
दृढकूपिकांविदध्यात्ताञ्चपचेत्सर्पिषांसम्यक् ॥११५॥
अथतांकोरितमध्यांघनपयसापूर्णगर्भाञ्च ।
सट्टकमुद्रितवदनांसर्पिषितप्तघृतेसुपक्ववदनाञ्च ।
अथपाण्डुखण्डपाकेस्नपयेत्कर्पूरवासितेकुशलः ॥११६॥
दुग्धकूपिकासाबल्यापित्तानिलापहाचैव ।
वृष्याशीतागुर्वीशुक्रकरीबृंहणीरुच्या ।
विदधातिकायपुष्टिंदृष्टिंदूरप्रसारिर्णीसुचिरम् ॥११७॥

Preparation: Take powder of *taṇḍula* and triturate with *milk*. Make a cone from the paste and fry in *ghee*. Make a hole in the middle part of cone and fill with thick milk. Close the hole and again fry in *ghee*. When the mouth of the cone becomes heated treat it with confection of sucrose.
***Rasa* (Taste):** *Madhura* (sweet).
***Guṇa* (Physical property):** *Gurū* (heavy).
***Vīrya* (Potency):** *Śīta* (cold).
Effect on *Tridōśa*: Pacifies *vāta* and *pitta*.
Action: Appetizer, aphrodisiac, spermopiotic and tonic.
Therapeutics: Poor eye sight.

11.55: *Kuṇḍalinī*

नूतनंघटमानीयतस्यान्तःकुशलोजनः |
प्रस्थार्द्धपरिमाणेनदध्नाऽम्लेनप्रलेपयेत् ||११८||
द्विप्रस्थांसमितांतत्रदध्यम्लप्रस्थसम्मितम् |
घृतमर्धशरावञ्चघोलयित्वाघृतेक्षिपेत् ||११९||
आतपेस्थापयेत्तावद्यावद्यातितदम्लताम् |
ततस्तत्प्रक्षिपेत्पात्रेसच्छिद्रेभाजनेतुतत् ||१२०||
परिभ्राम्यपरिभ्राम्यतत्सन्तप्तेघृतेक्षिपेत् |
पुनःपुनस्तदावृत्त्याविदध्यान्मण्डलाकृतिम् ||१२१||
तांसुपक्वांघृतान्नीत्वासितापाकेतनुद्रवे |
कर्पूरादिसुगन्धंचस्नापयित्वोद्धरेत्ततः ||१२२||
एषाकुण्डलिनीनाम्नापुष्टिकान्तिबलप्रदा |
धातुवृद्धिकरीवृष्यारुच्याक्षिप्रतर्पणी ||१२३||

Preparation: Take a fresh bucket and apply sour curd (half *prastha*) to its inner wall. Take *samitā* (two *prastha*), sour curd (one *prastha*) and *ghee* (half *śarva*) and mix them. Put them inside the bucket and keep in sunlight until they become sour. When the mixed stuff becomes sour, put it in a vessel having an opening. Give it circular shape, fry in ghee and treat with confection of sucrose.
Action: Alterative, tonic, nutritive, tissue-builder, spermopiotic and appetizer.
Note: *Kuṇḍalinī* suits to the tongue.

11.56: *Rasāla*

आदौमाहिषमम्लमम्बुरहितंदध्याढकंशर्करांशुभ्रांप्रस्थयुगोन्मितांशुचिपटेकिञ्चिच्चकिञ्चित्क्षिपेत् |
दुग्धेनार्द्धघटेनमृण्मयनवस्थाल्यांदृढंस्रावयेदेलाबीजलवङ्गचन्द्रमरिचैर्योग्यैश्चतद्योजयेत् ||१२४||
भीमेनप्रियभोजनेनरचितानाम्नारसालास्वयंश्रीकृष्णेनपुरापुनःपुनरियंप्रीत्यासमास्वादिता |

ऐषायेनवसन्तवर्जितदिनेसंसेव्यतेनित्यशस्तस्यस्यादतिवीर्यवृद्धिरनिशंसर्वेन्द्रियाणांबलम्
||१२५||
ग्रीष्मेतथाशरदियेरविशोषिताङ्गायेचप्रमत्तवनितासुरतातिखिन्नाः |
येचापिमार्गपरिसर्पणशीर्णगात्रास्तेषामियंवपुषिपोषणमाशुकुर्यात् ||१२६||
रसालाशुक्रलाबल्यारोचनीवातपित्तजित् |
दीपनीबृंहणीस्निग्धामधुराशिशिरासरा |
रक्तपित्तंतृषांदाहंप्रतिश्यायंविनाशयेत् ||१२७||

Preparation: Take sour curd (one *ādaka*), finely powdered *śakrā* (two *prastha*) and milk (two *ādaka*). Filter and express them through a near cloth in an earthen pot. Add powders of *ēlā, lavaṅga, karpūra* and *marica* accordingly. It was prepared by *Bhīma* and consumed repeatedly by Lord *Kṛśṇa*. The recipe is considered to be spermopiotic and tonic. It is particularly useful for people exhausted with excessive sex and walking.
***Rasa* (Taste):** *Madhura* (Sweet).
***Guṇa* (Physical property):** *Laghu* (light) and *snigdha*.
***Vīrya* (Potency):** *Śīta* (cold).
Effect on *Tridōśa*: Pacifies *vāta* and *pitta*.
Action: Spermopiotic, tonic, appetizer, nutritive and laxative.
Therapeutics: Epistaxis, burning sensation, excessive thirst and rhinitis.

11.57: *Śarkarōdaka*

जलेनशीतलेनैवघोलिताशुभ्रशर्करा |
एलालवङ्गकर्पूरमरिचैश्चसमन्विता |
शर्करोदकनाम्नातत्प्रसिद्धंविदुषांमुखैः ||१२८||
शर्करोदकमाख्यातंशुक्रलंशिशिरंसरम् |
बल्यंरुच्यंलघुस्वादुवातपित्तप्रणाशनम् |
मूर्च्छाछर्दितृषादाहज्वरशान्तिकरंपरम् ||१२९||

Preparation: Dissolve *śakrā* in cold water and add *ēlā, lavaṅga, karpūra* and *marica*. Filter and consume.
***Rasa* (Taste):** *Madhura* (Sweet).
***Guṇa* (Physical property):** *Laghu* (light).
***Vīrya* (Potency):** *Śīta* (cold).

Effect on *Tridōśa*: Pacifies *vāta* and *pitta*.
Action: Spermopiotic, tonic, appetizer and laxative.
Therapeutics: Apoplexy, vomiting, excessive thirst, burning sensation and fever.

11.58: *Prapānaka*

आम्रमामंजलेस्विन्नंमर्दितंदृढपाणिना ।
सिताशीताम्बुसंयुक्तंकर्पूरमरिचान्वितम् ॥१३०॥
प्रपानकमिदंश्रेष्ठंभीमसेनेननिर्मितम् ।
सद्योरुचिकरंबल्यंशीघ्रमिन्द्रियतर्पणम् ॥१३१॥

Preparation: Boil unripe *āmra* in water and express juice with hands. Then add *śakrā* and cold water according to dose. Addpowder of *karpūra* and *marica*. It was prepared by *Bhīmasēna*.
Action: Tonic and appetizer.

11.59: *Āmraphalaprapāṇaka*

अम्लिकायाःफलंपक्वंमर्दितंवारिणादृढम् ।
शर्करामरिचैर्मिश्रंलवङ्गेन्दुसुवासितम् ॥१३२॥
अम्लिकाफलसम्भूतंपानकंवातनाशनम् ।
पित्तश्लेष्मकरंकिञ्चित्सुरुच्यंवह्निबोधनम् ॥१३३॥

Preparation: Dissolve ripe fruit of *Amlikā* (*Tamarindus officinalis*) and express juice with hands. Then add *śakrā* and powders of *ēlā, lavaṅga, karpūra* and *marica*.
Effect on *Tridōśa*: Pacifies *vāta* but slightly aggravates *kapha* and *pitta*.
Action: Appetizer.

11.60: *Nimbukphalapāṇaka*

भागैकंनिम्बुजंतोयंषड्भागंशर्करोदकम् ।
लवङ्गमरिचैर्मिश्रंपानंपानकमुत्तमम् ॥१३४॥

निम्बूकफलभवंपानमत्यम्लंवातनाशनम् ।
वह्निदीप्तिकरंरुच्यंसमस्ताहारपाचकम् ॥१३५॥

Preparation: Take juice of *Nimbuka* (*Citrus limon*)-one part and syrup of sucrose- six parts and powders of *ēlā, lavaṅga, karpūra* and *marica.*
***Rasa* (Taste):** *Amla* (sour).
Effect on *Tridōśa*: Pacifies *vāta*.
Action: Appetizer and digestive.

11.61: *Dhānyakapāṇaka*

शिलायांसाधुसम्पिष्टंधान्याकंवस्त्रगालितम् ।
शर्करोदकसंयुक्तंकर्पूरादिसुसंस्कृतम् ।
नूतनेमृण्मयेपात्रेस्थितंपित्तहरंपरम् ॥१३६॥

Preparation: Take fresh *dhānyaka* (*Coriander sativum*), grind it on a slab and filter. Add syrup of sucrose and powders of, *lavaṅga, karpūra* and *marica*. Store it in a fresh earthen pot.
Effect on *Tridōśa*: Pacifies *pitta*.

11.62: *Kāñji*

काञ्जिकंरोचनंरुच्यंपाचनंवह्निदीपनम् ।
शूलाजीर्णविबन्धघ्नंकोष्ठशुद्धिकरंपरम् ।
नभवेत्काञ्जिकंयत्रतत्रजालिःप्रदीयते ॥१३७॥

Action: Appetizer, digestive and laxative.
Therapeutics: colic, dyspepsia and constipation.

11.63: *Jāli*

आममाम्रफलंपिष्टंराजिकालवणान्वितम् ।
भृष्टहिङ्गुयुतंपूतंघोलितंजालिरुच्यते ॥१३८॥

जालिर्हरतिजिह्वायाःकुण्ठत्वंकण्ठशोधिनी।
मन्दंमन्दन्तुपीतासारोचनीवह्निबोधिनी ॥१३९॥

Preparation: Grind unripe *āmra* (Mango) in and add *kālajājī* (*Nigella sativa*) and *saindhava lavaṇa*. Filter and add powder of fried *hiṅgu* (*Ferula asfoetida*).
Action: Appetizer.
Therapeutics: Disorder of tongue and throat.

11.64: *Takra* (Buttermilk)

तुर्यांशेनजलेनसंयुतमतिस्थूलंसदम्लंदधिप्रायो
माहिषमम्बुकेनविमलेमृद्भाजनेगालयेत्।
भृष्टंहिंगुचजीरकञ्चलवणंराजीञ्चकिञ्चिन्मितां
पिष्टांतत्रविमिश्रयेद्भवतितत्तक्रंनकस्यप्रियम् ॥१४०॥
तक्रंरुचिकरवह्निदीपनंपाचनंपरम्।
उदरेयेगदास्तेषांनाशनंतृप्तिकारकम् ॥१४१॥

Preparation: Take thick and sour curd obtained from cow's milk and add one fourth water and homogenize. Filter through a fresh cloth in an earthen pot. Then add *hiṅgu* (*Ferula asfoetida*), fried *jīraka* (*Carum carvi*), *saindhava lavaṇa* (Rock salt) and *kālajājī* (*Nigella sativa*).
Action: Appetizer and digestive.
Therapeutics: Disorder of abdomen.

11.65: *Dugdha* (Milk)

विदाहीन्यन्नपानानियानिभुंक्तेहिमानवः।
तद्विदाहप्रशान्त्यर्थंभोजनान्तेपयःपिबेत्।
दुग्धस्यापरेगुणाउक्ताएवदुग्धवर्गे ॥१४२॥

If a person consumes food casing burning sensation, he should consume milk

11.66.1: *Saktu*

धान्यानिभ्राष्ट्रभृष्टानियन्त्रपिष्टानिसक्तवः ||१४३||

Preparation: It is grinded form of *dhānya* like *bhāta* (*Oryza sativa*).

11.66.2: *Yavasaktu*

यवजाःसक्तवःशीतादीपनालघवःसराः |
कफपित्तहरारूक्षालेखनाश्चप्रकीर्तिताः ||१४४||
तेपीताबलदावृष्याबृंहणाभेदनास्तथा |
तर्पणामधुरारुच्याःपरिणामेबलावहाः ||१४५||
कफपित्तश्रमक्षुत्तृड्व्रणनेत्रामयापहाः |
प्रशस्ताघर्मदाहाढ्यव्यायामार्त्तशरीरिणाम् ||१४६||

***Rasa* (Taste):** *Madhura* (sweet).
***Guṇa* (Physical property):** *Laghu* (light) and *rūkśa*.
***Vīrya* (Potency):** *Śīta* (cold).
Effect on *Tridōśa*: Pacifies *kapha* and pitta.
Action: Appetizer, laxative, tonic, spermopiotic and nutritive.
Therapeutics: Fatigue, excessive appetite and thirst, ulcer, eye-ailments and burning sensation.

11.66.3: *Caṇakasaktu*

निस्तुषैश्चणकैर्भृष्टैस्तुर्यांशैश्चयवैःकृताः |
सक्तवःशर्करासर्पिर्युक्ताग्रीष्मेऽतिपूजिताः ||१४७||

Preparation: Fry *caṇaka*and remove the outer coat. Then add one fourth of *yavasaktu*. It is especially useful when consumed with *ghee* and *śakrā*.

11.66.4: *Śālisaktu*

सक्तवःशालिसम्भूतावह्निदालघवोहिमाः।
मधुराग्राहिणोरुच्याःपथ्याश्चबलशुक्रदाः ॥१४८॥
नभुक्त्वानरदैश्छित्वाननिशायांनवाबहून्।
नजलान्तरितानद्भिःसक्तूनद्यान्नकेवलान् ॥१४९॥
पृथक्पानंपुनर्दानमामिषंपयसानिशि।
दन्तच्छेदनमुष्णञ्चसप्तसक्तुषुवर्जयेत् ॥१५०॥

Rasa (Taste): *Madhura* (sweet).
Guṇa (Physical property): *Laghu* (light).
Vīrya (Potency): *Śīta* (cold).
Effect on *Tridōśa*: Pacifies *kapha* and *pitta*.
Action: Appetizer, astringent, tonic, spermopiotic and nutritive.

11.66.5: Some facts about *Saktu*

1. *Saktu*should never be consumed after talking meals.
2. Should not be masticated,
3. Should not be consumed at night.
4. Should not be taken in excess.
5. Should not be taken with water.
6. Should not be consumed again and again.
7. Should not be consumed *with* flesh.
8. Should not be consumed at night.
9. Should not be consumed warmed.

11.67: *Dhāna*

यवास्तुनिस्तुषाभृष्टाःस्मृताधानाइतिस्त्रियाम्।
धानाःस्युर्दुर्जरारूक्षास्तृट्प्रदागुरवश्चताः।
तथामेहकफच्छर्दिनाशिन्यःसम्प्रकीर्तिताः ॥१५१॥

Preparation: Pound *yava*, separate the husk and fry.

Guṇa (Physical property): *Gurū* (heavy) and *rukśa*.
Vīrya (Potency): *Śīta* (cold).
Effect on *Tridōśa*: Pacifies *kapha*.
Therapeutics: Cough and polyuria.
Note: *Dhāna*induces thirst.

11.68: *Lājjā*

येषांस्युस्तण्डुलास्तानिधान्यानिसतुषाणिच ।
भृष्टानिस्फुटितान्याहुर्लाजाइतिमनीषिणः ॥१५२॥
लाजाःस्युर्मधुराःशीतालघवोदीपनाश्चते ।
स्वल्पमूत्रमलारूक्षाबल्याःपित्तकफच्छिदः ।
छर्द्यतीसारदाहास्रमेहमेदस्तृषापहाः ॥१५३॥

Preparation: It is *dhānya* including husk which has been fired without pounding.
***Rasa* (Taste):** *Madhura* (Sweet).
Guṇa (Physical property): *Laghu* (light) and *rukśa*.
Vīrya (Potency): *Śīta* (cold).
Effect on *Tridōśa*: Pacifies *pitta* and *kapha*.
Action: Mild laxative and diuretic, appetizer and tonic.
Therapeutics: Vomiting, diarrhea, burning sensation blood diseases, polyuria, obesity and excessive thirst.
Note: *Lājjā* induces thirst.

11.69: *Cipita*

शालयःसतुषाआर्द्राभृष्टाअस्फुटिताश्चतत् ।
कुट्टिताश्चिपिटाःप्रोक्तास्तेस्मृताःपृथुकाअपि ॥१५४॥
पृथुकागुरवोवातनाशनाःश्लेष्मलाअपि ।
सक्षीराबृंहणावृष्याबल्याभिन्नमलाश्चते ॥१५५॥

Preparation: *Dhānya* is pounded along with husk and fried in moistened state. It is then pounded in mortar and husk separated.
Guṇa (Physical property): *Gurū* (heavy).
Effect on *Tridōśa*: Pacifies *vāta* but aggravates *kapha*.

Action: Laxative, tonic and spermopiotic.

11.70: *Hōlaka*

अर्धपक्वैःशमीधान्यैस्तृणभृष्टैश्चहोलकः।
होलकोऽल्पानिलोमेदःकफदोषत्रयापहः।
भवेद्योहोलकोयस्यसचतत्तद्गुणोभवेत्॥१५६॥

Preparation: Unripe *śimbī* is fried in fire.
Effect on *Tridōśa*: Pacifies *vāta*, *pitta* and *kapha*.
Therapeutics: Obesity.

11.71: *Ūcī*

मञ्जरीत्वर्धपक्वायायवगोधूमयोर्भवेत्।
तृणानलेनसंभृष्टाबुधैरूचीतिसास्मृता।
ऊचीकफप्रदाबल्यालघ्वीपित्तानिलापहा॥१५७॥

Preparation: Unripe inflorescence of *gōdhūma* is fried in fire.
***Guṇa* (Physical property):** *Laghu* (light).
Effect on *Tridōśa*: Pacifies *pitta* and *vāta* but aggravates *kapha*.
Action: Tonic.

11.72: *Kulmāṣa*

अर्धस्विन्नास्तुगोधूमाअन्येऽपिचणकादयः।
कुल्माषाइतिकथ्यन्तेशब्दशास्त्रेषुपण्डितैः।
कुल्माषागुरवोरूक्षावातलाभिन्नवर्चसः॥१५८॥

Preparation: It is half fried state of *Grahadhūma or Canaka.*
***Guṇa* (Physical property):** *Gurū* (heavy) and *rukśa*.
Effect on *Tridōśa*: Aggravates *vāta*.
Action: Laxative.

11.73: *Tilapiṣṭa*

पललन्तुसमाख्यातंसैक्षवंतिलपिष्टकम् |
पललंमलकृद्वृष्यंवातघ्नंकफपित्तकृत् |
बृंहणंचगुरुस्निग्धंमूत्राधिक्यनिवर्तकम् ||१५९||

Preparation: It is pounded *tila* containing *śakrā* or *guḍa* (jaggery).
***Guṇa* (Physical property):** *Gurū* (heavy) and *rukśa*.
Effect on *Tridōśa*: Aggravates *pitta* and *kapha* but pacifies *vāta*.
Action: Laxative, spermopiotic, tonic and antidiuretic.

11.74: *Piṇyāka*

तिलकुट्टंतुपिण्याकस्तथातिलखलिःस्मृता |
पिण्याकोलेखनोरूक्षोविष्टम्भीदृष्टिदूषणः ||१६०||

Synonym: *Tilakuṭṭa* and *tilakhali.*
***Guṇa* (Physical property):** *Rukśa.*
Therapeutics: Obesity.
Note: *Pinyaka*is difficult to digest and harmful for eyesight.

11.74: *Taṇḍula*

तण्डुलोमेहजन्तुघ्नःसनवस्त्ववतिदुर्जरः ||१६१||

Therapeutics: Polyuria.
Note: *Taṇḍula* if not fresh, disturbs digestion.

Chapter 12: *Vārivarga*

12.1: *Jala* (Water)

पानीयंसलिलंनीरंकीलालंजलमम्बुच |
आपोवार्वारिकंतोयंपयःपाथस्तथोदकम् |
जीवनंवनमम्भोऽर्णोऽमृतंघनरसोऽपिच ||१||
पानीयंश्रमनाशनंक्लमहरंमूर्च्छापिपासापहं
तन्द्राच्छर्दिविबन्धहृद्बलकरंनिद्राहरंतर्पणम् |
हृद्यंगुप्तरसंहृयजीर्णशमकंनित्यंहितंशीतलं
लघ्वच्छंरसकारणंनिगदितंपीयूषवज्जीवनम् ||२||

Synonyms: *Pānī, salila, nīra, kīlāla, jalamambu, āpa, vārvāri, ka, tōya, paya, pāthasta, ōdaka, jīvana, vanamambha, arṇa, amṛta* and *ghanarasa*.
Rasa: *Avyakata*.
***Guṇa* (Physical property):** *Laghu* (light).
***Vīrya* (Potency):** *Śīta* (cold).
Actions: Stimulant and cardiac tonic.
Therapeutics: Fatigue, apoplexy, lassitude, vomiting, constipation and dyspepsia.
Note: It gives rise to six tastes viz; *madhura*, *amla*, *lavaṇa*, *kaṭu*, *tikta* and *kśāya*.

12.2: *Vāribhēda* (Types of water)

पानीयंमुनिभिःप्रोक्तंदिव्यंभौममितिद्विधा |
दिव्यंचतुर्विधंप्रोक्तंधाराजंकरकाभवम् |
तौषारञ्चतथाहैमंतेषुधारंगुणाधिकम् ||३||

1. *Diyya jala.*
2. *Bhauma jala.*

Diyya jala has further four types:

1. *Dhārā jala.*

2. *Karkābhava jala.*
3. *Tauṣāra jala.*
4. *Haima jala.*

Dhārā jala is considered to the best.

12.3: *Dhārājala*

It is obtained from rain water that falls on the ground. It is collected in a near utensil and filtered through a thick cloth. It can be then stored in any vessel (gold, silver, copper or glass).
***Rasa*: *Avyakata*.**
***Guṇa* (Physical property):** *Gurū* (heavy).
***Vīrya* (Potency):** *Śīta* (cold).
Effect on *Tridōśa*: Pacifies *vāta*, *pitta* and *kapha*.
Action (s): Tonic and digestive.
Therapeutics: Fatigue, apoplexy, burning sensation and excessive thirst.

12.4: *Dhārājalabhēda* (Types of *Dhārājala*)

धाराजलंचद्विविधंगाङ्गसामुद्रभेदतः ||८||

1. *Gāṅga jala.*
2. *Sāmudra jala.*

12.4.1: *Gāṅgajala*

आकाशगङ्गासम्बन्धिजलमादायदिग्गजाः |
मेघैरन्तरितावृष्टिंकुर्वन्तीतिवचःसताम् ||९||
गाङ्गमाश्वयुजेमासिप्रायोवर्षतिवारिदः |
सर्वथातज्जलंज्ञेयंतथैवचरकेवचः ||१०||
स्थापितेहेमजेपात्रेराजतेमृण्मयेऽपिवा |
शाल्यन्नंयेनसंसिक्तंभवेदक्लेदिवर्णवत् |
तद्गाङ्गंसर्वदोषघ्नंज्ञेयंसामुद्रमन्यथा ||११||

तत्तुसक्षारलवणंशुक्रदृष्टिबलापहम् |
विस्रञ्चदोषलंतीक्ष्णंसर्वकर्मसुनोहितम् ||१२||
सामुद्रंत्वाश्विनेमासेगुणैर्गाङ्गवदादिशेत् |
यतोऽगस्त्यस्यदिव्यर्षेरुदयात्सकलंजलम् ||१३||
निर्मलंनिर्विषंस्वादुशुक्रलंस्याददोषलम् |
फूत्कारविषवातेननागानांव्योमचारिणाम् |
वर्षासुसविषंतोयंदिव्यमप्याश्विनंविना ||१४||

It is the rain water. According to *Charka*, if *śālidhānya* neither absorbs moisture nor gets discolored if kept in a vessel (made of gold or silver or an earthen pot) containing *gāṅgajala*, then the water is *gāṅgajala.*

12.4.2: *Sāmudrajala*

If *śālidhānya* absorbs moisture or gets discolored if kept in a vessel (made of gold or silver or an earthen pot) containing *dhārajala*, then the water is *sāmudara jala*.
Rasa: *Lavaṇa* (saline).
***Guṇa* (Physical property):** *Tīkśana*.
***Vīrya* (Potency):** *Śīta* (cold).
Note: 1. *Sāmudra jala*is harmful for semen and eye sight.
2. It has foul smell.
3. If *sāmudra jala*has been collected in *āśvina,* then it has same propertiesas that of *gāṅgajala.*

12.5: *Anārtavajala* (Water falling in winter and rainy season)

अनार्तवंप्रमुञ्चन्तिवारिवारिधरास्तुयत् |
तत्त्रिदोषायसर्वेषांदेहिनांपरिकीर्तितम् ||१५||

Water falling in winter season is non-poisonous. Under the influence of *Agastya* (it is a star), the water becomes clear, non-poisonous, sweet and spermopiotic. Water falling in rainy season is poisonous. According to ancient texts, in the rainy season, the air becomes polluted with *Divya sarpa* (snakes living in *Akasha*). But same is non-poisonous during *āśvina*. Hence the water obtained in the *Ashvina masa* is best for use.

12.6: Water falling in improper season

It is known to aggravate *vāta*, *pitta* and *kapha*.

12.7: *Karakābhavajala*

दिव्यवाय्वग्निसंयोगात्संहताःखात्पतन्तियाः |
पाषाणखण्डवच्चापस्ताःकारक्योऽमृतोपमाः ||१६||
करकाजंजलंरूक्षंविशदंगुरुचस्थिरम् |
दारुणंशीतलंसान्द्रंपित्तहृत्कफवातकृत् ||१७||

Air present in the space combines with fire to form hail. This then falls on earth and is known as *karkājala*.
Guṇa (Physical property): Gurū (heavy), *sthira*, *kathina*, sāndra, *rūkśa* and *viśada*.
Vīrya* (Potency):Śīta* (cold).
Effect on *Tridōśa*: Pacifies *pitta* but aggravates *kapha* and *vāta*.

12.8: *Tuṣārajala*

अपिनद्याःसमुद्रान्तेवह्निरापस्तदुद्भवाः |
धूमावयवनिर्मुक्तास्तुषाराख्यास्तुताःस्मृताः ||१८||
अपथ्याःप्राणिनांप्रायोभूरुहाणांतुनाहिताः |
तुषाराम्बुहिमंरूक्षंस्याद्वातलमपित्तलम् |
कफोरुस्तम्भकण्ठाग्निमेहगण्डादिरोगनुत् ||१९||

Tuṣārajala originates from fire present in water present in rivers and seas.
***Guṇa* (Physical property):** *Rūkśa*.
Vīrya* (Potency):Śīta* (cold).
Effect on *Tridōśa*: Aggravates *pitta* and *vāta* but pacifies *kapha*.
Therapeutics: Goiter, appetite, diseases of the throat and polyuria.
Note: *Tuṣārajala* is not fit for humans except trees.

12.9: *Haimajala*

Haimajala originates from snow.
Guṇa (Physical property): *Gurū* (heavy).
Effect on *Tridōśa*: Pacifies *pitta* but aggravates *vāta*.
Note: Some people are of the view that water present in sea, under the influence of air becomes dense and it represents *haimajala*.
Guṇa (Physical property): *Gurū* (heavy), *kathina*, *sukśama* and *rūkśa*.
Vīrya* (Potency):Śīta* (cold).
Effect on *Tridōśa*: It does not aggravate *vāta*, *kapha* and *pitta*.

12.10: *Bhaumajala, jāṅagalādijala*

भौममम्भोनिगदितंप्रथमंत्रिविधंबुधैः ।
जाङ्गलंपरमानूपंततःसाधारणंक्रमात् ॥२२॥
अल्पोदकोऽल्पवृक्षश्चपित्तवातामयान्वितः ।
ज्ञातव्योजाङ्गलोदेशस्तत्रत्यंजाङ्गलंजलम् ॥२३॥
बह्वम्बुर्बहुवृक्षश्चवातश्लेष्मामयान्वितः ।
देशोऽनूपइतिख्यातआनूपंतद्भवंजलम् ॥२४॥
मिश्रचिह्नस्तुयोदेशःसहिसाधारणःस्मृतः ।
तस्मिन्देशेयदुदकंतत्तुसाधारणंस्मृतम् ॥२५॥
जाङ्गलंसलिलंरूक्षंलवणंलघुपित्तनुत् ।
वह्निकृत्कफहृत्पथ्यंविकारान्हरतेबहून् ॥२६॥
आनूपंवार्यभिष्यन्दिस्वादुस्निग्धंघनंगुरु ।
वह्निहृत्कफकृद्धृद्यंविकारान्हरतेबहून् ॥२७॥
साधारणंतुमधुरंदीपनंशीतलंलघु ।
तर्पणंरोचनंतृष्णादाहदोषत्रयप्रणुत् ॥२८॥

1. *Anūpajala:*It is obtained from marshy lands.
***Guṇa* (Physical property):** Gurū (heavy), *ghana*, *abhiśyandi* and *snigdha*.
Vīrya* (Potency):Śīta* (cold).
Effect on *Tridōśa*: It aggravates *kapha*.
Action: Cardiac tonic.

Note: 1. It is not good for digestive fire.
2. It produces various types of diseases.

2. *Jāṙgalajala:* It is obtained from arid lands.
***Rasa* (Taste):** *Lavaṇa* (saline).
***Guṇa* (Physical property):** *Laghu* (light) and *rukśa*.
Effect on *Tridōśa*: It pacifies *kapha*.
Action: Appetizer.

3. *Sādhāraṇajala*
***Rasa* (Taste):** *Madhura* (Sweet).
***Guṇa* (Physical property):** *Laghu* (light).
Vīrya* (Potency):Śīta* (cold).
Effect on *Tridōśa*: It pacifies *vāta*, *pitta* and *kapha*.
Action: Appetizer.
Therapeutics: Excessive thirst and burning sensation.

12.11: *Nādēyajala*

नद्यानदस्यवानीरंनादेयमितिकीर्तितम् ।
नादेयमुदकंरूक्षंवातलंलघुदीपनम् ।
अनभिष्यन्दिविशदंकटुकंकफपित्तनुत् ॥२९॥
नद्यःशीघ्रवहालघ्व्यःसर्वायाश्चामलोदकाः ।
गुर्व्यःशैवलसंछन्नामन्दगाःकलुषाश्चयाः ॥३०॥
हिमवत्प्रभवाःपथ्यानद्योऽश्माहतपाथसः ।
गङ्गाशतद्रुसरयूयमुनाद्यागुणोत्तमाः ॥३१॥
सह्यशैलभवानद्योवेणागोदावरीमुखाः ।
कुर्वंतिप्रायशःकुष्ठमीषद्वातकफावहाः ॥३२॥
नदीसरस्तडागस्थेकूपप्रस्रवणादिजे ।
उदकेदेशभेदेनगुणान्दोषांश्चलक्षयेत् ॥३३॥

***Rasa* (Taste):** *Kaṭu* (pungent).
***Guṇa* (Physical property):** *Laghu* (light), *abhiśyandi*, *viśada* and *rūkśa*.
Effect on *Tridōśa*: Pacifies *pitta* and *kapha* but aggravates *vāta*.
Action (s): Appetizer.

12.12: Some fact about*nādēyajala*

1. Water of rivers having rapid flow is *laghu* (light) and clean.
2. Water of rivers having dull flow is *gurū* (Heavy) and unhygienic.
3. Water of rivers originating from Himalayas is best.
4. Water of rivers originating from *Saha* Mountains produces skin diseases and aggravates *vāta* and *kapha*.

12.13.1: *Sārasajala*(Tank water)

नद्याःशैलादिरुद्धायायत्रसंश्रित्यतिष्ठति ।
तत्सरोजलसंज्ञंचतदम्भःसारसंस्मृतम् ॥३८॥
सारसंसलिलंबल्यंतृष्णाघ्नंमधुरंलघु ।
रोचनंतुवरंरूक्षंबद्धमूत्रमलंस्मृतम् ॥३९॥

***Rasa* (Taste):** *Madhura* (sweet).
***Guṇa* (Physical property):** *Laghu* (light).
Vīrya* (Potency):Śīta* (cold).
Effect on *Tridōśa*: Pacifies *pitta* but aggravates *vāta*.
Action: Tonic and appetizer.
Therapeutics: Excessive thirst.
Note: It obstructs urine and stool.

12.14: *Audbhidajala*

विदार्यभूमिंनिम्नांयन्महत्याधारयास्रवेत् ।
तत्तोयमौद्भिदंनामवदन्तीतिमहर्षयः ॥३४॥
औद्भिदंवारिपित्तघ्नमविदाह्यतिशीतलम् ।
प्रीणनंमधुरंबल्यमीषद्वातकरंलघु ॥३५॥

***Rasa* (Taste):** *Madhura* (sweet).
***Guṇa* (Physical property):** *Laghu* (light).
Vīrya* (Potency):Śīta* (cold).
Effect on *Tridōśa*: Pacifies *pitta* but aggravates *vāta*.
Action: Appetizer and tonic.

12.15: *Nairjharajala*

शैलसानुस्रवद्वारिप्रवाहोनिर्झरोझरः |
सतुप्रस्रवणश्चापितत्रत्यंनैर्झरंजलम् ||३६||
नैर्झरंरुचिकृन्नीरंकफघ्नंदीपनंलघु |
मधुरंकटुपाकंचवातलंस्यादपित्तलम् ||३७||

***Rasa* (Taste):** *Madhura* (Sweet).
***Guṇa* (Physical property):** *Laghu* (Light).
Vīrya* (Potency):Śīta* (Cold).
Vipāka* (Post digestion effect):Kaṭu* (Pungent).
Effect on *Tridōśa*: Aggravates *vāta* and *pitta* but pacifies *kapha*.
Action: Appetizer.
Note: The description above is based on water obtained from various sources (river, well or spring) located in *anūpadēśa.* Similarly, if water is obtained from various sources (river, well or spring) located in *jāṅagala*and *sādhāraṇadēśa*, the properties of water is similar to the respective *dēśa* (habitat).

12.13.2: *Tāḍāgajala* (Pond water)

प्रशस्तभूमिभागस्थोबहुसंवत्सरोषितः |
जलाशयस्तडागःस्यात्ताडागंतज्जलंस्मृतम् ||४०||
ताडागमुदकंस्वादुकषायंकटुपाकिच |
वातलंबद्धविण्मूत्रमसृक्पित्तकफापहम् ||४१||

***Rasa* (Taste):** Kshaya (Astringent).
***Vipāka* (Post digestion effect):** Kaṭu (pungent).
Effect on *Tridōśa*: Pacifies *kapha* and kapha but aggravates *vāta*.
Therapeutics: Bleeding diathesis.
Note: It obstructs urine and stool.
2. It produces various types of diseases.

12.13.3: *Kaupajala* (Well water)

भूमौखातोऽल्पविस्तारोगम्भीरोमण्डलाकृतिः |

बद्धोऽबद्धःसकूपःस्यात्तदम्भःकौपमुच्यते ॥४४॥
कौपंपयोयदिस्वादुत्रिदोषघ्नंहितंलघु।
तत्क्षारंकफवातघ्नंदीपनंपित्तकृत्परम् ॥४५॥

Effect on *Tridōśa*: 1. If *madhura* then pacifies *pitta*, *vāta* and *kapha*.
3. If *kśāra* then pacifies *vāta* but aggravates *pitta*. It is appetizer.

12.18: *Vāpyajala*

पाषाणैरिष्टकाभिर्वाबद्धःकूपोबृहत्तरः।
ससोपानोभवेद्वापीतज्जलंवाप्यमुच्यते ॥४२॥
वाप्यंवारियदिक्षारंपित्तकृत्कफवातहृत्।
तदेवमिष्टंकफकृद्वातपित्तहरंभवेत् ॥४३॥

***Rasa* (Taste):** *Madhura* (Sweet) and *kśāra* (alkaline).
Effect on Tridōśa: 1. *Vāpyajala* if *madhura* pacifies *pitta* and *vāta* but aggravates *kapha*.
3. *Vāpyajala* if *kśāra* pacifies *kapha* and *vāta* but aggravates *pitta*.

12.20: *Cauñjyajala*

शिलाकीर्णंस्वयंश्वभ्रंनीलाञ्जनसमोदकम्।
लतावितानसंच्छन्नंचौंज्यमित्यभिधीयते ॥४६॥
अश्मादिभिरबद्धंयत्तच्चौञ्ज्यमितिवापरे।
यत्रत्यमुदकंचौण्ड्यंमुनिभिस्तदुदाहृतम् ॥४७॥
चौञ्ज्यंवह्निकरंनीरंरूक्षंकफहरंलघु।
मधुरंपित्तनुद्रुच्यंपाचनंविशदंस्मृतम् ॥४८॥

***Rasa* (Taste):** *Madhura* (sweet).
***Guṇa* (Physical property):** *Laghu* (light), *viśada* and *rūkśa*
Effect on *Tridōśa*: Pacifies *kapha* but aggravates *pitta*.
Actions: Appetizer and digestive.
Therapeutics: Constipation.

12.21: *Pālvalajala*

अल्पंसर पल्वलंस्याद्यत्रचन्द्रर्क्षगेरवौ।
नतिष्ठतिजलकिञ्चित्तत्रत्यंआरिपाल्वलम्।
पाल्वलंवार्यभिष्यन्दिगुरुस्वादुत्रिदोषकृत् ॥४९॥

Guṇa (Physical property): *Gurū* (heavy) and *abhiśyandi.*
Effect on _Tridōśa_: Aggravates *vāta*, *pitta* and *kapha*.

12.22: *Vikirajala*

नद्यादिनिकटेभूमिर्याभवेद्वालुकामयी।
उद्भाव्यतेततोयत्तुतज्जलंविकिरंविदुः ॥५०॥
विकिरंशीतलंस्वच्छंनिर्दोषंलघुचस्मृतम्।
तुवरंस्वादुपित्तघ्नंक्षारंतत्पित्तलंमनाक् ॥५१॥

Rasa (Taste): *Madhura* (sweet) and *kśāya* (astringent).
Guṇa (Physical property): *Laghu* (light).
Vīrya (Potency): *Śīta* (cold).
Effect on _Tridōśa_: Pacifies *pitta*.
Actions: Appetizer.
Therapeutics: Colic, dyspepsia and burning sensation.

12.23: *Kaidārajala* (Water of fields)

केदारःक्षेत्रमुद्दिष्टंकैदारंतज्जलंस्मृतम्।
कैदारंवार्यभिष्यन्दिमधुरंगुरुदोषकृत् ॥५२॥

Rasa (Taste): *Madhura* (Sweet).
Guṇa (Physical property): *Gurū* (heavy) and *abhiśyandi*.
Effect on _Tridōśa_: Aggravates *vāta*, *pitta* and *kapha*.

12.24: *Vṛṣṭijala* (Rain water)

1. Stagnant rain water is harmful.
2. After three nights, when soils settle, rain water becomes useful.

12.25: *Ṛtvanusārajalaguṇa* (Some facts about water according to seasons)

हेमन्तेसारसंतोयंताडागंवाहितंस्मृतम् ।
हेमन्तेविहितंतोयंशिशिरेऽपिप्रशस्यते ॥५४॥
वसन्तग्रीष्मयोःकौपंवाप्यंवानैर्झरंजलम् ।
नादेयंवारिनादेयंवसन्तग्रीष्मयोर्बुधैः ॥५५॥
विषवद्वनवृक्षाणांपत्राद्यैर्दूषितंयतः ।
औद्भिदंवान्तरिक्षंवाकौपंवाप्रावृषिस्मृतम् ॥५६॥
शस्तंशरदिनादेयंनीरमंशूदकंपरम् ।
दिवारविकरैर्जुष्टंनिशिशीतकरांशुभिः ॥५७॥
ज्ञेयमंशूदकंनामस्निग्धंदोषत्रयापहम् ।
अनभिष्यन्दिनिर्दोषमान्तरिक्षजलोपमम् ।
बल्यंरसायनंमेध्यंशीतंलघुसुधासमम् ॥५८॥
पौषेवारिसरोजातंमाघेतत्तुतडागजम् ।
फाल्गुनेकूपसम्भूतंचैत्रेचौञ्ज्यंहितम्मतम् ॥५९॥
वैशाखेनैर्झरंनीरंज्येष्ठेशस्तंतथौद्भिदम् ।
आषाढेशस्यतेकौपंश्रावणेदिव्यमेवच ॥६०॥
भाद्रेकौप्यंपयःशस्तमाश्विनेचौण्ड्यमेवच ।
कार्तिकेमार्गशीर्षेचजलमात्रंप्रशस्यते ॥६१॥

1. *Tāḍāgajala* is useful in *hēmanta* and *śiśira*.
2. *Nairjharajala* and *kaupajala* are useful in *vasanta* and *grīṣma*.
3. One should not consume *nādēyajala* in *prāvṛṣa* because it is polluted by leaves.
4. *Kaupajala* is superior then *audibhadajala* and *divyajala in prāvṛṣa*.

12.26: *Aṁśūdaka*

It is water that has been exposed to sun during the day and moon during the night.
Guṇa (Physical property): *Laghu* (light), *anabhiśyandi* and *snigdha*.
Vīrya (Potency):*Śīta* (cold).
Effect on *Tridōśa*: Aggravates *vāta*, *pitta* and *kapha*.
Action: Tonic and nootropic.

12.27: Facts about water according to *Vṛdha Suśruta*

1. *Sārasa jala* is best in *pauṣa*.
2. *Tāḍāgajala* is best in *māgha*.
3. *Kaupa jala* is best in *phālguna*.
4. *Cauñjyajala* is best in *caitra*.
5. *Nairjharajala* is best in *vaiśākha*.
6. *Audibhada jala* is best in *jyēṣṭha*.
7. *Kaupajala* is best in *āṣāḍha*.
8. *Divyajala* is best in *śrāvaṇa*.
9. *Kaupa jala* is best in *bhādra*.
10. *Cauṇḍya* is best in *āśvina*.
11. All types of water are best in *kārtika* and *argaśīrṣa*.

12.28: Time to consume water

भौमानामम्भसांप्रायोग्रहणंप्रातरिष्यते |
शीतत्वंनिर्मलत्वञ्चयतस्तेषांमतोगुणः ||६२||

Bhaumajala should be consumed in early morning because at that time it is fresh.

12.29: Method of consuming water

अत्यम्बुपानान्नविपच्यतेऽन्नंनिरम्बुपानाच्चसएवदोषः |
तस्मान्नरोवह्निविवर्धनायमुहुर्मुहुर्वारिपिबेदभूरि ||६३||

One should not take water in excess during meals. One should consume small amount of water during meals. In both the cases food does not get digested.

12.30: Cold water

मूर्च्छापित्तोष्णदाहेषुविषेरक्तेमदात्यये |
श्रमेभ्रमेविदग्धेऽन्नेतमकेवमथौतथा |
ऊर्ध्वगेरक्तपित्तेचशीतमम्बुःप्रशस्यते ||६४||

Cold wateris fit for apoplexy, *pitta*, burning sensation, poisoning, blood diseases, alcoholism, fatigue, and vertigo, bronchial asthma, vomiting and bleeding form upper parts of the body.

12.31: Contraindications of cold water

पार्श्वशूलेप्रतिश्यायेवातरोगेगलग्रहे |
आध्मानेस्तिमितेकोष्ठेसद्यःशुद्धौनवज्वरे ||६५||
अरुचिग्रहणीगुल्मश्वासकासेषुविद्रधौ |
हिक्कायांस्नेहपानेचशीताम्बुपरिवर्जयेत् ||६६||

Pleurisy, coryza, *vāta* diseases, disease of the throat, tympanites, diaarhoea, acute fever, anorexia, malabsorption, abdominal tumour, asthma, cough, abacess, hiccough and oleation therapy.

12.32: Less intake of water

अरोचकेप्रतिश्यायेमन्देऽग्नौश्वयथौक्षये |
मुखप्रसेकेजठरेकुष्ठेनेत्रामयेज्वरे |
व्रणेचमधुमेहेचपिबेत्पानीयमल्पकम् ||६७||

Less intake of water is indicated in anorexia, rhinitis, loss of appetite, edema, phthisis, salivation, abdominal diseases, skin diseases, eye diseases, fever, ulcer and diabetes mellitus.

12.33: Necessity of water intake

जीवनंजीविनांजीवौजगत्सर्वन्तुतन्मयम् |

नातोऽत्यन्तनिषेधेनकदाचिद्वारिवार्यते ||६८||

Water is essential for all living being. Hence, it should be consumed even in small amounts.

12.33: Views of *Hārīta*

तृष्णागरीयसीघोरासद्यःप्राणविनाशिनी |
तस्माद्देयंतृषाऽर्त्तायपानीयंप्राणधारणम् ||६९||
तृषितोमोहमायातिमोहात्प्राणान्विमुञ्चति |
अतःसर्वास्ववस्थासुनक्वचिद्वारिवारयेत् ||७०||

Excessive thirst is very dangerous because it leads to death. Hence, water is must for all. If a person suffering from excess thirst does not get water, coma may set in and finally death occurs.

12.34: High quality water

अगन्धमव्यक्तरसंसुशीतंतर्षनाशनम् |
स्वच्छंलघुचहृद्यञ्चतोयंगुणवदुच्यते ||७१||

1. Odorless.
2. *Avyakta rasa*.
3. Not excessively cold.
4. Suppresses thirst.
5. Clear.
6. *Laghu* (light).
7. Cardiac tonic.

12.35: Prohibited water

पिच्छिलंकृमिलंक्लिन्नंपर्णशैवालकर्दमैः |
विवर्णंविरसंसान्द्रंदुर्गन्धंनहितंजलम् ||७२||

कलुषंछन्नमम्भोजपर्णनीलीतृणादिभिः।
दुःस्पर्शनमसंस्पृष्टंसौरचान्द्रमरीचिभिः ॥७३॥
अनार्तवंवार्षिकंतुप्रथमंतच्चभूमिगम्।
व्यापन्नंपरिहर्तव्यंसर्वदोषप्रकोपनम् ॥७४॥
तत्कुर्यात्स्नानपानाभ्यांतृष्णाध्मानचिरज्वरान्।
कासाग्निमान्द्याभिष्यन्दकण्डूगण्डादिकंतथा ॥७५॥

1. *Picila*.
2. Contains worm and insects or mud.
3. Discolored.
4. Abnormal taste.
5. Dense.
6. Foul odor.
7. Contains foreign matter.
8. Which has not been exposed to sun or moon?
9. This comes in contact with earth immediately after rainfall.
10. It leads to thirst, flatulence, chronic fever, cough, loss of appetite, conjunctivitis, pruritis and goiter.

12.36: Methods to purify water

निन्दितंचापिपानीयंक्वथितंसूर्यतापितम्।
सुवर्णरजतंलौहंपाषाणंसिकतामपि ॥७६॥
भृशंसन्ताप्यनिर्वाप्यसप्तधासाधितंतथा।
कर्पूरजातिपुन्नागपाटलादिसुवासितम् ॥७७॥
शुचिसान्द्रपटस्राविक्षुद्रजन्तुविवर्जितम्।
स्वच्छंकनकमुक्ताद्यैःशुद्धंस्याद्दोषवर्जितम् ॥७८॥
पर्णमूलविषग्रन्थिमुक्ताकनकशैवलैः।
गोमेदेनचवस्त्रेणकुर्यादम्बुप्रसादनम् ॥७९॥

1. Boil the water.
2. Expose to sunlight.

3. Heat copper, gold, sand or stone and treat with water seven times.
4. Treat with *karpūra*, *jāti*, *punnāga* and *pātalā*.
5. Filter through a thick cloth.
6. Further water should be treated with leaves, roots, *visgranthi* (root of *Kamala*), *śaivala*, pearl, gold and cloth.

12.37: Digestion of water

पीतंजलंजीर्यतियामयुग्माद्यामैकमात्राच्छृतशीतलञ्च ।
तदर्धमात्रेणशृतंकदुष्णंपयःप्रपाकेत्रयएवकालाः ॥८०॥

1. Normally taken water gets digested after six hours.
2. Water that has been cooled after boiling takes three hours for digestion.
3. Boiled water takes one and half hour to digest.

Chapter 13: *Dugdhavarga*

13.1: *Dugdha* (Milk)

दुग्धंक्षीरंपयःस्तन्यंबालजीवनमित्यपि।
दुग्धंसुमधुरंस्निग्धंवातपित्तहरंसरम्।
सद्यःशुक्रकरंशीतंसात्म्यंसर्वशरीरिणाम् ॥१॥
जीवनंबृंहणंबल्यंमेध्यंवाजीकरंपरम्।
वयःस्थापनमायुष्यंसन्धिकारिरसायनम् ॥२॥

Synonyms: *Kṣīra, paya, stanya* and *bālajīvana.*
***Rasa* (Taste):** *Madhura* (Sweet).
***Guṇa* (Physical property):** *Gurū* (heavy) and *snigdha.*
***Vīrya* (Potency):** *Śīta* (cold).
***Vipāka* (Post digestion effect):** *Kaṭu* (*pungent*).
Effect on *Tridōśa*: Pacifies *vāta* and *pitta.*
Actions: Tonic, nutritive, nootropic and aphrodisiac.
Therapeutics: Fractures.

13.2: Indications for *Dugdha*

विरेकवान्तिबस्तीनांसेव्यमोजोविवर्धनम्।
जीर्णज्वरेमनोरोगेशोषमूर्च्छाभ्रमेषुच ॥३॥
ग्रहण्यांपाण्डुरोगेचदाहेतृषिहृदामये।
शूलोदावर्तगुल्मेषुवस्तिरोगेगुदाङ्कुरे ॥४॥
रक्तपित्तेऽतिसारेचयोनिरोगेश्रमेक्लमे।
गर्भस्रावेचसततंहितंमुनिवरैःस्मृतम् ॥५॥
बालवृद्धक्षतक्षीणाःक्षुद्व्यवायकृशाश्चये।
तेभ्यःसदाऽतिशयितंहितमेतदुदाहृतम् ॥६॥

After therapeutic vomiting purgation and enemata, chronic fever, mental diseases, edema, apoplexy, vertigo, malabsorption, anemia, burning sensation, excessive thirst, heart ailments, colic, flatulence, abdominal tumor, diseases of the urinary bladder, hemorrhoids, epistaxis, diarrhea, diseases of the vagina, lethargy, miscarriage, in old age, childhood and after intercourse.

Gōdugdha (Cow milk)

गव्यंदुग्धंविशेषेणमधुरंरसपाकयोः ।
शीतलंस्तन्यकृत्स्निग्धंवातपित्तास्रनाशनम् ॥७॥
दोषधातुमलस्रोतःकिञ्चित्क्लेदकरंगुरु ।
जरासमस्तरोगाणांशान्तिकृत्सेविनांसदा ॥८॥
कृष्णायागोर्भवेद्दुग्धंवातहारिगुणाधिकम् ।
पीतायाहरतेपित्तंतथावातहरंभवेत् ।
श्लेष्मलंगुरुशुक्लायारक्तचित्राचवातहृत् ॥९॥
सद्यःप्रसूतविवत्सगोदुग्ध-बालवत्सविवत्सानांगवांदुग्धंत्रिदोषकृत् ।
बष्कयिण्यास्त्रिदोषघ्नंतर्पणंबलकृत्पयः ।
जाङ्गलानूपशैलेषुचरन्तीनांयथोत्तरम् ।
पयोगुरुतरंस्नेहोयथाहारंप्रवर्तते ॥१०॥
स्वल्पान्नभक्षणाज्जातंक्षीरंगुरुकफप्रदम् ।
तत्तुबल्यंपरंवृष्यंस्वस्थानांगुणदायकम् ।
पलालतृणकार्पासबीजजंगुणैर्हितम् ॥११॥

Rasa* (Taste):Madhura* (sweet).
***Guṇa* (Physical property):** *Gurū* (heavy) and *snigdha*.
***Vīrya* (Potency):** *Śīta* (cold).
***Vipāka* (Post digestion effect):** *Madhura* (sweet).
Effect on *Tridōśa*: Pacifies *vāta* and *pitta*.
Action (s): Tonic and galacatagouge.
Therapeutics: Blood diseases.
Note: It nourishes nerves and tissues.

13.4: *Dugdha* of black cow

***Guṇa* (Physical property):** *Gurū* (heavy).
Effect on *Tridōśa*: Pacifies *vāta*.
Note: It is the best.

13.5: *Dugdha* of yellow cow

Effect on *Tridōśa*: Pacifies *vāta* and *pitta*.

13.6: *Dugdha* of white cow

***Guṇa* (Physical property):** *Gurū* (heavy).
Effect on *Tridōśa*: Aggravates *kapha*.

13.7: *Dugdha* of red cow

Effect on *Tridōśa*: Pacifies *vāta*.

13.8: Milk of mother cow

Effect on *Tridōśa*: Aggravates *pitta*, *kapha* and *vāta*.

13.9: Milk of *Bashkyinya* cow

Effect on *Tridōśa*: Aggravates *pitta*, *kapha* and *vāta*.
Action: Tonic.

13.10: Cow milk according to habitat

Milk of cows living in *Jāṅgala dēśa*, *Anūpa dēśa* and mountains is *gurū*(heavy) in increasing order.

13.11: Properties of Cow milk according to diet

The milk of cow taking food along with feed has following properties:

Guṇa (Physical property): *Gurū* (heavy).
Effect on *Tridōśa*: Aggravates *kapha*.
Actions: Aphrodisiac and tonic.
The milk of cow taking grass and seeds of *kārpāsa* (cotton) is best for patients.

13.12: *Māhiṣadugdha* (Buffalo milk)

माहिषंमधुरंगव्यात्स्निग्धंशुक्रकरंगुरु ।
निद्राकरमभिष्यन्दिक्षुधाधिक्यहरंहिमम् ॥१२॥

Rasa* (Taste):Madhura* (sweet).
***Guṇa* (Physical property):** *Gurū* (heavy), *abhiśyandi* and *snigdha*.
Effect on *Tridōśa*: Aggravates *kapha*.
Action (s): Spemopiotic and hypnotic.
Therapeutics: Polyphagia.

13.13: *Ajādugdha* (Goat milk)

छागंकषायंमधुरंशीतंग्राहितथालघु ।
रक्तपित्तातिसारघ्नंक्षयकासज्वरापहम् ॥१३॥
अजानामल्पकायत्वात्कटुतिक्तनिषेवणात् ।
स्तोकाम्बुपानाद्व्यायामात्सर्वरोगापहंपयः ॥१४॥

***Rasa* (Taste):** *Madhura* (Sweet) and *kṣāya* (astringent).
***Guṇa* (Physical property):** *Laghu* (light).
Action: *Grāhi.*
Therapeutics: Bleeding diathesis, diarrhea, phthisis, cough and fever.
Note: Since goat feed on bitter and pungent plants, take small amount of water and walk more hence milk is beneficial in all diseases.

13.14: *Mṛgīdugdha* (Milk of She-deer)

छागंकषायंमधुरंशीतंग्राहितथालघु ।
रक्तपित्तातिसारघ्नंक्षयकासज्वरापहम् ॥१३॥

अजानामल्पकायत्वात्कटुतिक्तनिषेवणात् ।
स्तोकाम्बुपानाद्व्यायामात्सर्वरोगापहंपयः ॥१४॥

***Rasa* (Taste):** *Madhura* (Sweet) and *kśāya* (astringent).
***Guṇa* (Physical property):** *Laghu* (light).
Therapeutics: Bleeding diathesis, diarrhea, phthisis, cough and fever.
Note: *Mṛgīdugdha*when taken with water cure several diseases.

13.15: *Āvikadugdha* (Sheep milk)

आविकंलवणंस्वादुस्निग्धोष्णंचाश्मरीप्रणुत् ।
अहृद्यंतर्पणंकेश्यंशुक्रपित्तकफप्रदम् ।
गुरुकासानिलोद्भूतेकेवलेचानिलेवरम् ॥१६॥

***Rasa* (Taste):** *Madhura* (sweet) and *lavaṇa* (saline).
***Guṇa* (Physical property):** *Snigdha* and *gurū* (heavy).
Vīrya* (Potency):Ūṣaṇa* (hot).
Effect on Tridōśa: Aggravates *pitta* and *kapha* but pacifies *vāta*.
Therapeutics: Hair diseases.
Note: *Āvikadugdha*is not beneficial for the heart.

13.16: *Baḍavādugdha* (Milk of mare)

रूक्षोष्णंवडवाक्षीरंबल्यंशोषानिलापहम् ।
अम्लंपटुलघुस्वादुसर्वमैकशफंतथा ॥१७॥

***Rasa* (Taste):** Amla (sour) and *lavaṇa*(saline).
***Guṇa* (Physical property):** *Laghu* (light) and *rūkśa*.
Vīrya* (Potency):Śīta* (cold).
Vipāka* (Post digestion effect):Kaṭu* (pungent).
Effect on *Tridōśa*: Pacifies *vāta*.
Action: Tonic.
Therapeutics: Consumption.

13.17: *Auṣṭradugdha* (Camel's milk)

औष्ट्रंदुग्धंलघुस्वादुलवणंदीपनंतथा।
कृमिकुष्ठकफानाहशोथोदरहरंसरम् ॥१८॥

***Rasa* (Taste):** *Madhura* (sweet) and *lavaṇa* (saline).
***Guṇa* (Physical property):** *Laghu* (light).
***Vīrya* (Potency):** *Śīta* (cold).
Effect on *Tridōśa*: Pacifies *kapha*.
Action: Laxative, tonic and appetizer.
Therapeutics: Worm infestation, skin diseases, tympanites, edema and abdominal diseases.

13.18: *Hastinīdugdha* (Elephant's milk)

बृंहणंहस्तिनीदुग्धंमधुरंतुवरंगुरु।
वृष्यंबल्यंहिमंस्निग्धंचक्षुष्यंस्थिरताकरम् ॥१९॥

***Rasa* (Taste):** *Madhura* (Sweet) and *kśāya* (astringent).
***Guṇa* (Physical property):** *Snigdha* and *gurū* (heavy).
***Vīrya* (Potency):** *Śīta* (cold).
Effect on *Tridōśa*: Pacifies *kapha*.
Action: Spermopiotic, tonic and nutritive.
Therapeutics: Eye diseases.

13.19: *Strīdugdha* (Female milk)

नार्यालघुपयःशीतंदीपनंवातपित्तजित्।
चक्षुःशूलाभिघातघ्नंनस्याश्च्योतनयोर्वरम् ॥२०॥

***Guṇa* (Physical property):** *Laghu* (light) and *snigdha*.
***Vīrya* (Potency):** *Śīta* (cold).
Effect on *Tridōśa*: Pacifies *vāta* and *pitta*.
Action: Appetizer.
Therapeutics: Trauma and pain in the eyes.

Note: It is best for *nasya* (nasal administration) and *āścyōtana* (eye drops)

13.20.1: *Dhārōṣṇadugdha*

Fresh cow milk

धारोष्णंगोपयोबल्यंलघुशीतंसुधासमम् |
दीपनञ्चत्रिदोषघ्नंतद्धाराशिशिरंत्यजेत् ||२१||
धारोष्णंशस्यतेगव्यंधाराशीतन्तुमाहिषम् |
शृतोष्णमाविकंपथ्यंशृतशीतमजापयः ||२२||
आमंक्षीरमभिष्यन्दिगुरुश्लेष्मामवर्धनम् |
ज्ञेयंसर्वमपथ्यंतुगव्यमाहिषवर्जितम् ||२३||
नारीक्षीरंत्वाममेवहितंनतुशृतंहितम् |
शृतोष्णंकफवातघ्नंशृतशीतन्तुपित्तनुत् ||२४||
अर्द्धोदकंक्षीरशिष्टमामाल्लघुतरंपयः |
जलेनरहितंदुग्धमतिपक्वंयथायथा |
तथातथागुरुस्निग्धंवृष्यंबलविवर्द्धनम् ||२५||

***Guṇa* (Physical property):** *Laghu* (light).
Vīrya* (Potency):Śīta* (cold).
Effect on *Tridōśa*: Pacifies *vāta*, *pitta* and *kapha*.
Actions: Appetizer.

13.20.2: Cold cow milk

It is should be discarded.

13.20.3: Cold buffalo milk

It is should be consumed.

13.20.4: Cold milk after boiling

Goat's milk is best.

13.20.5: Boiled sheep milk

It is should be consumed.

13.20.6: Raw milk of animals other than cow and buffalo

***Guṇa* (Physical property):** *Gurū* (heavy) and *abhiśyandi*.
Vīrya* (Potency):Śīta* (cold).
Effect on *Tridōśa*: Aggravates *kapha*.
Note: It is not fit for digestion.

13.20.7: Boiled milk

Effect on *Tridōśa*: Pacifies *vāta* and *kapha*.

13.20.8: Cooled boiled milk

Effect on *Tridōśa*: Pacifies *pitta*.

13.20.9: Boiled milk and water

It is *laghu* (light) as compared to raw milk.

13.20.10: Excessively boiled milk

***Guṇa* (Physical property):** *Snigdha* and *gurū* (heavy).
Actions: Spermopiotic and tonic.

13.21.1: *Pīyūṣādiguṇa*

धारोष्णंगोपयोबल्यंलघुशीतंसुधासमम् ।
दीपनञ्चत्रिदोषघ्नंतद्धाराशिशिरंत्यजेत् ॥२१॥
धारोष्णंशस्यतेगव्यंधाराशीतन्तुमाहिषम् ।
शृतोष्णमाविकंपथ्यंशृतशीतमजापयः ॥२२॥
आमंक्षीरमभिष्यन्दिगुरुश्लेष्मामवर्धनम् ।
ज्ञेयंसर्वमपथ्यंतुगव्यमाहिषवर्जितम् ॥२३॥
नारीक्षीरंत्वाममेवहितंनतुशृतंहितम् ।
शृतोष्णंकफवातघ्नंशृतशीतन्तुपित्तनुत् ॥२४॥
अर्द्धोदकंक्षीरशिष्टमामाल्लघुतरंपयः ।
जलेनरहितंदुग्धमतिपक्वंयथायथा ।
तथातथागुरुस्निग्धंवृष्यंबलविवर्द्धनम् ॥२५॥

Pīyūṣa

It is milk of cow taken immediately after delivery.
Guṇa **(Physical property):** *Gurū* (heavy).
Effect on *Tridōśa*: Pacifies *vāta* and *pitta* but aggravates *kapha*.
Action: Tonic, nutritive, cardiac tonic and spermopoiotic.
Therapeutics: Abscess and insomnia.

13.21.2: *Kilāṭa*

Guṇa **(Physical property):** *Gurū* (heavy).
Effect on *Tridōśa*: Pacifies *vāta* and *pitta* but aggravates *kapha*.
Action: Tonic, nutritive, cardiac tonic and spermopoiotic.
Therapeutics: Abscess and insomnia.

13.21.3: *Kṣīraśāka*

Guṇa **(Physical property):** *Gurū* (heavy).
Effect on *Tridōśa*: Pacifies *vāta* and *pitta* but aggravates *kapha*.

Action: Tonic, nutritive, cardiac tonic and spermopiotic.
Therapeutics: Abscess and insomnia.

13.21.4: *Takrapiṇḍa*

It is obtained by boiling milk and buttermilk.
***Guṇa* (Physical property):** *Gurū* (heavy).
Effect on *Tridōśa*: Pacifies *vāta* and *pitta* but aggravates *kapha*.
Action: Tonic, nutritive, cardiac tonic and spermopiotic.
Therapeutics: Abscess and insomnia.

13.21.5: *Mōraṭa*

***Guṇa* (Physical property):** *Gurū* (heavy).
Effect on *Tridōśa*: Pacifies *vāta* and *pitta* but aggravates *kapha*.
Action: Tonic, nutritive, cardiac tonic and spermopiotic.
Therapeutics: Abscess and insomnia.

13.21.6: *Mōraṭa* with *siktā*

***Guṇa* (Physical property):** *Laghu* (light).
Therapeutics: Dryness of mouth, thirst, burning sensation, epistaxis and fever.

13.22: *Santānikā*

सन्तानिकागुरुःशीतावृष्यापित्तास्रवातनुत् ।
तर्पणीबृंहणीस्निग्धाबलासबलशुक्रला ॥३२॥
खण्डेनसहितंदुग्धंकफकृत्पवनापहम् ।
सितासितोपलायुक्तंशुक्रलंत्रिमलापहम् ।
सगुडंमूत्रकृच्छ्रघ्नंपित्तश्लेष्मकरंपरम् ॥३३॥

It is layer formed on the surface of milk during boiling.
***Guṇa* (Physical property):** *Snigdha* and *gurū* (heavy).
Vīrya* (Potency):Śīta* (cold).
Effect on *Tridōśa*: Pacifies *vāta* and *pitta*.
Action: Tonic, nutritive, cardiac tonic and spermopiotic.

Therapeutics: Blood diseases.

Prabhātādisamayadugdhaguṇa

रात्रौचन्द्रगुणाधिक्याद्व्यायामाकरणात्तथा ।
प्राभातिकंतदाप्रायःप्रादोषाद्गुरुशीतलम् ॥३४॥
दिवाकरकराघाताद्व्यायामानिलसेवनात् ।
प्राभातिकात्तुप्रादोषंलघुवातकफापहम् ॥३५॥
समयविशेषेदुग्धसेवन-वृष्यंबृंहणमग्निदीपनकरं
पूर्वाह्णकालेपयोमध्याह्नेतुबलावहंकफहरंपित्तापहंदीपनम् ।
बालेवृद्धिकरंक्षयेक्षयकरंवृद्धेषुरेतोवहंरात्रौ
पथ्यमनेकदोषशमनंक्षीरंसदासेव्येत ॥३६॥
वदन्तिपेयंनिशिकेवलंपयोभोज्यंनतेनेहसहौदनादिकम् ।
भवत्यजीर्णेनिशिपीतशर्कराक्षीराल्पपानस्यतुशेषमुत्सृजेत् ॥३७॥
विदाहीन्यन्नपानानिदिवाभुङ्क्तेहियन्नरः ।
तद्विदाहप्रशान्त्यर्थंरात्रौक्षीरंसदापिबेत् ॥३८॥
दीप्तानलेकृशेपुंसिवातवृद्धेपयःप्रिये ।
मतंहिततमंपथ्यंसद्यःशुक्रकरंयतः ॥३९॥

13.23.1: Milk with *śakrā*

Effect on *Tridōśa*: Pacifies*vāta* but aggravates *kapha*.

13.23.2: Milk with *siktā*

Action: Spermopiotic.
Therapeutics: Blood diseases.

13.23.3: Milk with *Jaggery*

Effect on *Tridōśa*: Aggravates *pitta* and *kapha*.

Therapeutics: Dysuria.

13.24: Properties of milk according to time

1. Milk in morning is *gurū* (heavy) and *śīta* (cold).
2. Milk in evening is *laghu* (light) and pacifies *vāta* and *kapha*.

13.25: More facts about milk

1. Milk taken during first half of day is spermopiotic, tonic appetizer and nutritive.
2. Milk taken during second half of day is tonic and pacifies *kapha* and *pitta*.
3. Milk taken during old age acts as tonic.
4. Milk taken during phthisis act as spermopiotic.
5. Milk taken during night time is useful for eyes.

13.26: *Mathita dugdha*

क्षीरंगव्यमथाजंवाकोष्णंदण्डाहतंपिबेत् |
लघुवृष्यंज्वरहरंवातपित्तकफापहम् ||४०||

***Guṇa* (Physical property):** *Laghu* (light).
Effect on *Tridōśa*: Pacifies *vāta*, *pitta* and *kapha*.
Action: Spermopiotic.

13.27: *Dugdhaphēna*

गोदुग्धप्रभवंकिंवाछागीदुग्धसमुद्भवम् |
भवेत्कोष्णंत्रिदोषघ्नंरोचनंबलवर्द्धनम् ||४१||
वह्निवृद्धिकरंवृष्यंसद्यस्तृप्तिकरंलघु |
अतीसारेऽग्निमान्द्येचज्वरेजीर्णेप्रशस्यते ||४२||

***Guṇa* (Physical property):** *Laghu* (light).
Effect on *Tridōśa*: Pacifies *vāta*, *pitta* and *kapha*.
Action: Spermopiotic, tonic and appetizer.
Therapeutics: Diarrhea, loss of appetite and chronic fever.

13.28: Prohibited milk

विवर्णविरसंचाम्लंदुर्गन्धंग्रथितंपयः।
वर्जयेदम्ललवणयुक्तंबुद्ध्यादिहृद्यतः ||४३||

1. Discolored.
2. Bad taste.
3. Sour.
4. Foul smelling.

Chapter 14: *Dadhivarga*

14.1: *Dadhi* (Curd)

दध्युष्णंदीपनंस्निग्धंकषायानुरसंगुरु।
पाकेऽम्लंश्वासपित्तास्रशोथमेदःकफप्रदम् ॥१॥
मूत्रकृच्छ्रेप्रतिश्यायेशीतगेविषमज्वरे।
अतीसारेऽरुचौकार्श्येशस्यतेबलशुक्रकृत् ॥२॥

Rasa (Taste): *Kśāya* (astringent).
Guṇa (Physical property): *Gurū* (heavy) and *snigdha*.
Vīrya (Potency): *Ūśaṇa* (hot).
Vipāka (Post digestion effect): *Amla* (sour).
Effect on *Tridōśa*: Aggravates *pitta* and *kapha*.
Actions: Astringent and appetizer.
Therapeutics: Dysuria, rhinitis, malaria, diarrhea, anorexia and emaciation.

14.2: Types of *Dadhi*

आदौमन्दंततःस्वादुस्वाद्वम्लञ्चततःपरम्।
अम्लंचतुर्थमत्यम्लंपञ्चमंदधिपञ्चधा ॥३॥
मन्दंदुग्धवदव्यक्तरसंकिञ्चिद्घनंभवेत्।
मन्दंस्यात्सृष्टविण्मूत्रंदोषत्रयविदाहकृत्।
यत्सम्यग्घनतांयातंव्यक्तंस्वादुरसंभवेत्।
अव्यक्ताम्लरसंतत्तुस्वादुविज्ञैरुदाहृतम् ॥४॥
स्वादुस्यादत्यभिष्यन्दिवृष्यंमेदःकफावहम्।
वातघ्नंमधुरंपाकेरक्तपित्तप्रसादनम्।
स्वाद्वम्लंमधुरंसान्द्रंकषायानुरसंभवेत्।
स्वाद्वम्लस्यगुणाज्ञेयाःसामान्यदधिवज्जनैः।
यत्तिरोहितमाधुर्यंव्यक्ताम्लत्वंतदम्लकम्।

अम्लंतुदीपनंपित्तरक्तश्लेष्मविवर्धनम् ।
तदत्यम्लंदन्तरोमहर्षकण्ठादिदाहकृत् ।
अत्यम्लंदीपनंरक्तवातपित्तकरंपरम् ॥७॥

1. *Manda*, 2. *Svādu*, 3. *Svādamla*, 4. *Amla* and 5. *Atyāmla*.

14.3: Properties of types of *Dadhi*

Manda

Manda dadhi is like milk, has *avyakta rasa* (taste, which is not expressed) and thick.
Effect on *Tridōśa*: Pacifies *vāta*, *pitta* and *kapha*.
Actions: Laxative and diuretic.
Note: It produces burning sensation.

Svādu

This type is thick, has *avyakta madhurarasa* (expressed sweet taste) and *avyakta amla rasa* (sour taste has not expressed).
Effect on *Tridōśa*: Pacifies *vāta*, *pitta* and *kapha*.
***Guṇa* (Physical property):** *Abhiśyandi*.
***Vīrya* (Potency):** *Ūśaṇa* (hot).
***Vipāka* (Post digestion effect):** *Madhura* (sweet).
Effect on *Tridōśa*: Aggravates *kapha* but pacifies *vāta*.
Actions: Spremopiotic.
Therapeutics: Bleeding diathesis.
Note: It leads to obesity.

Svādamla

It is thick.
***Rasa* (Taste):** Kshaya (Astringent).
***Guṇa* (Physical property):** *Gurū* (heavy) and *snigdha*.
***Vīrya* (Potency):** *Ūśaṇa* (hot).
***Vipāka* (Post digestion effect):** *Amla* (sour).
Effect on *Tridōśa*: Aggravates *pitta* and *kapha*.

Actions: Astringent and appetizer.
Therapeutics: Dysuria, rhinitis, malaria, diarrhea, anorexia and emaciation.

Amla

Effect on *Tridōśa*: Aggravates *pitta* and *kapha*.
Actions: Appetizer.
Note: It aggravates blood diseases.

Atyāmla

It produces smarting in teeth and body and burning in the throat.
Effect on *Tridōśa*: Aggravates *pitta* and *vāta*.
Actions: Appetizer.
Note: It aggravates blood diseases.

14.4: *Gōdadhi*-Curd prepared from cow's milk

गव्यंदधिविशेषेणस्वाद्वम्लंचरुचिप्रदम् ।
पवित्रंदीपनंहृद्यंपुष्टिकृत्पवनापहम् ।
उक्तंदध्नामशेषाणांमध्येगव्यंगुणाधिकम् ॥६॥

***Rasa* (Taste):** *Madhura* (sweet) and *amla* (sour).
Effect on *Tridōśa*: Pacifies *vāta*.
Actions: Cardiac tonic, appetizer and nutritive.
Therapeutics: Anorexia.

14.5: *Māhiṣadadhi*-Curd prepared from buffalo's milk

माहिषंदधिसुस्निग्धंश्लेष्मलंवातपित्तनुत् ।
स्वादुपाकमभिष्यन्दिवृष्यंगुर्वस्रदूषकम् ॥७॥

***Guṇa* (Physical property):** *Gurū* (heavy), *abhiśyandi* and *snigdha*.
***Vipāka* (Post digestion effect):** *Madhura* (sweet).
Effect on *Tridōśa*: Pacifies *vāta* and *pitta* but aggravates *kapha*.

Actions: Spermopiotic.
Note: It aggravates blood diseases.

14.6: *Ājadadhi*-Curd prepared from goat's milk

आजंदध्युत्तमंग्राहीलघुदोषत्रयापहम् |
शस्यतेश्वासकासार्शःक्षयकार्श्येषुदीपनम् ||८||

Guṇa **(Physical property):** *Gurū* (heavy), *abhiśyandi* and *snigdha*.
Vipāka **(Post digestion effect):** *Madhura* (sweet).
Effect on *Tridōśa*: Pacifies *vāta*, *pitta* and *kapha*.
Actions: Astringent and appetizer.
Therapeutics: Asthma, cough, hemorrhoids, phthisis and emaciation.

14.7: *Pakvadugdhadadhi*-Curd prepared from boiled milk

पक्वंदुग्धभवंरुच्यंदधिस्निग्धंगुणोत्तमम् |
पित्तानिलापहंसर्वधात्वग्निबलवर्द्धनम् ||९||

Guṇa **(Physical property):** *Snigdha*.
Effect on *Tridōśa*: Pacifies *vāta* and *pitta*.
Actions: Appetizer.
Note:*Pakvadugdhadadhi* boots tissues, digestive fire and strength.

14.8: *Niḥsāradugdhadadhi*- Curd prepared from stale milk

असारंदधिसङ्ग्राहिशीतलंवातलंलघु |
विष्टम्भिदीपनंरुच्यंग्रहणीरोगनाशनम् ||१०||

Guṇa **(Physical property):** *Laghu* (Light).
Vīrya **(Potency):** *Śīta* (cold).
Effect on *Tridōśa*: Aggravates *vāta*.

Actions: Appetizer and astringent.
Therapeutics: Malabsorption.
Note: It upsets digestion.

14.9: *Gālitadadhi*-Curd filtered through a cloth

गालितंदधिसुस्निग्धंवातघ्नंकफकृद्गुरु।
बलपुष्टिकरंरुच्यंमधुरंनातिपित्तकृत्॥११॥

***Rasa* (Taste):** *Madhura* (Sweet).
***Guṇa* (Physical property):** *Laghu* (light) and *snigdha*.
***Vīrya* (Potency):** *Śīta* (cold).
Effect on *Tridōśa*: Pacifies *vāta* and slightly aggravates *pitta*
Actions: Nutritive, appetizer and tonic.

14.10.1: *Śarkarādisahita dadhiguṇa*-Curd with sucrose

सशर्करंदधिश्रेष्ठंतृष्णापित्तास्रदाहजित्।
सगुडंवातनुद्वृष्यंबृंहणंतर्पणंगुरु॥१२॥

Effect on *Tridōśa*: Pacifies *pitta*.
Therapeutics: Excessive thirst, blood diseases and burning sensation.

14.10.2: Curd with jiggery

***Guṇa* (Physical property):** *Gurū* (heavy).
Effect on *Tridōśa*: Pacifies *vāta*.
Action: Spermopiotic and nutritive.

14.11: Curd at night

ननक्तंदधिभुञ्जीतनचाप्यघृतशर्करम्।
नामुद्गसूपंनाक्षौद्रंनोष्णंनामलकैर्विना॥१३॥
शस्यतेदधिनोरात्रौशस्तंचाम्बुघृतान्वितम्।

रक्तपित्तकफोत्थेषुविकारेषुतुनैवतत् ||१४||

Curd should not be consumed alone at night. If it is to be consumed it should contain ghee, honey or *mudaga* or *amla*. It should never be warmed.

14.12: Curd and seasons

हेमन्तेशिशिरेचापिवर्षासुदधिशस्यते |
शरद्ग्रीष्मवसन्तेषुप्रायशस्तद्विगर्हितम् ||१५||

1. Curd is best in *hēmanta*, *śiśira* and *varśa*.
2. Curd is contraindicated in *śarada*, *grīṣma* and *vasanta*.

14.13: Curd not consumed according to method

ज्वरासृक्पित्तवीसर्पकुष्ठपाण्ड्वामयभ्रमान् |
प्राप्नुयात्कामलांचोग्रांविधिंहत्वादधिप्रियः ||१६||

If curd is not consumed according to method it can lead to fever, epistaxis, erysipelas, skin diseases, anemia and vertigo and jaundice.

14.14.1: *Sara*

दध्नस्तूपरियोभागोघनःस्नेहसमन्वितः |
सलोकेसरइत्युक्तोदध्नोमण्डस्तुमस्त्विति ||१७||
सरःस्वादुर्गुरुर्वृष्योवातवह्निप्रणाशनः |
साम्लोवस्तिप्रशमनःपित्तश्लेष्मविवर्धनः ||१८||

It is upper thick part of curd that contains fat.

Sara with *madhura* (sweet) rasa

***Guṇa* (Physical property):** *Gurū* (heavy).
Actions: Spermipiotic.

Sara with *amla* (sour) rasa

Effect on *Tridōśa*: Aggravates *pitta* and *kapha*.
Therapeutics: Diseases of the urinary bladder.

14.14.2: *Mastu*

मस्तुक्लमहरंबल्यंलघुभक्ताभिलाषकृत् |
स्रोतोविशोधनंह्लादिकफतृष्णानिलापहम् |
अवृष्यंप्रीणनंशीघ्रंभिनत्तिमलसञ्चयम् ||१९||

Mastu is the liquid part of curd.
***Guṇa* (Physical property):** *Laghu* (light).
***Vīrya* (Potency):** *Śīta* (cold).
Effect on *Tridōśa*: Pacifies *pitta* and *kapha*.
Actions: Laxative and appetizer.
Therapeutics: Excessive thirst.
Note: *Mastu* purifies channels of circulation.

Chapter 15: *Takravarga*

15.1: *Takra* (Buttermilk)

घोलंतुमथितंतक्रमुदश्विच्छच्छिकापिच।
ससरंनिर्जलंघोलंमथितंत्वसरोदकम्।
तक्रंपादजलंप्रोक्तमुदश्वित्त्वर्धवारिकम्।
छच्छिकासारहीनास्यात्स्वच्छाप्रचुरवारिका ॥१॥

The following are names of *takra* according to types:

Ghōla

It contains *sara* (cream) to which water has not been added.

Mahtiha

It contains *sara* (cream).

Udaśvit

In this type water is added to curd and churned.

Chacchikā

In this case, first curd is subjected to churning and butter removed. Then water is added (more amount than curd) and churned.

15.2: Properties of types of *Takra*

घोलंतुशर्करायुक्तंगुणैर्ज्ञेयंरसालवत्।
वातपित्तहरंह्लादिमथितंकफपित्तनुत् ॥२॥
तक्रंग्राहिकषायाम्लंस्वादुपाकरसंलघु।

वीर्योष्णंदीपनंवृष्यंप्रीणनंवातनाशनम् ॥३॥
ग्रहण्यादिमतांपथ्यंभवेत्संग्राहिलाघवात् ।
किञ्चस्वादुविपाकित्वान्नचपित्तप्रकोपणम् ॥४॥
अम्लोष्णंदीपनंवृष्यंप्रीणनंवातनाशनम् ।
कषायोष्णविकाशित्वाद्रौक्ष्याच्चापिकफापहम् ॥५॥
नतक्रसेवीव्यथतेकदाचिन्नतक्रदग्धाःप्रभवन्तिरोगाः ।
यथासुराणाममृतंसुखायतथानराणांभुवितक्रमाहुः ॥६॥
उदश्वित्कफकृद्बल्यमामघ्नंपरमंमतम् ।
छच्छिकाशीतलालघ्वीपित्तश्रमतृषाहरी ।
वातनुत्कफकृत्सातुदीपनीलवणान्विता ॥७॥
समुद्धृतघृतंतक्रंपथ्यंलघुविशेषतः ।
स्तोकोद्धृतघृतंतस्माद्गुरुवृष्यंकफापहम् ।
अनुद्धृतघृतंसान्द्रंगुरुपुष्टिकफप्रदम् ॥८॥

Ghōla

Effect on *Tridōśa*: Pacifies *vāta* and *pitta*.
Note: It resembles with *rasāla* in properties.

Mahtiha

Effect on *Tridōśa*: Pacifies *kapha* but aggravates *pitta*

Takra

***Rasa* (Taste):** *Madhura* (sweet) and *kśāya* (astringent).
***Guṇa* (Physical property):** *Laghu* (light), *vikāsi* and *rūkśa*.
***Vīrya* (Potency):** *Ūśaṇa* (hot).
***Vipāka* (Post digestion effect):** *Madhura* (sweet)
Effect on *Tridōśa*: Pacifies *vāta*, *pitta* and *kapha*.
Actions: Astringent, appetizer and spermopiotic.
Therapeutics: Malabsorption.

Udaśvit

Effect on *Tridōśa*: Aggravates *kapha*.
Actions: Digestive and tonic.

Chacchikā

***Guṇa* (Physical property):** *Laghu* (light).
***Vīrya* (Potency):** *Śīta* (cold).
Effect on *Tridōśa*: Pacifies *pitta* and *vāta* but aggravates *kapha*.
Action: Appetizer (if given with *sandhva lavaṇā*).
Therapeutics: Fatigue and excessive thirst.

15.3: Buttermilk and *Ghee*

1. If buttermilk is devoid of *ghee*, it is *laghu* (light).
2. If buttermilk contains small amount of *ghee*, it is *gurū* (heavy), aggravates *kapha* and is spermopiotic.
3. If buttermilk *ghee*, it is *gurū* (heavy), aggravates *kapha* and is tonic.

15.4: Use of buttermilk according to *Dosha* and *Roga*

वातेऽम्लंशस्यतेतक्रंशुण्ठीसैन्धवसंयुतम् ।
पित्तेस्वादुसितायुक्तंसव्योषमधिकेकफे ॥९॥
हिङ्गुजीरयुतंघोलंसैन्धवेनचसंयुतम् ।
भवेदतीववातघ्नमर्शोऽतीसारहृत्परम् ॥१०॥
रुचिदंपुष्टिदंबल्यंवस्तिशूलविनाशनम् ।
मूत्रकृच्छ्रेतुसगुडंपाण्डुरोगेसचित्रकम् ॥११॥

1. If *vāta* is aggravated, buttermilk should be given with *śunthī* and *sandhava lavaṇa*.
2. If *pitta* is aggravated, buttermilk should be given with *śakrā*.
3. If *kapha* is aggravated, buttermilk should be given with *trikaṭu*.

4. Buttermilk when given with fried *hiṅgu* and *jīraka* and *sandhava lavaṇa* is good for diarrhea and hemorrhoids. It is tonic, nutritive and useful in pain of urinary bladder.
5. Buttermilk when given with *guda* (jaggery) is useful in dysuria.
6. Buttermilk when given with *citraka* is useful in anemia.

15.5: Use of Buttermilk

तक्रमामंकफंकोष्ठेहन्तिकण्ठेकरोतिच |
पीनसेश्वासकासादौपक्वमेवप्रयुज्यते ||१२||

1. If in unripe stage, buttermilk pacifies *kapha* in the abdomen but aggravates it in the throat.
2. If in ripe form, buttermilk is useful in rhinitis, asthma and cough.

15.6: Indications of Buttermilk

शीतकालेऽग्निमान्द्येचतथावातामयेषुच |
अरुचौस्रोतसांरोधेतक्रंस्यादमृतोपमम् ||१३||
तत्तुहन्तिगरच्छर्दिप्रसेकविषमज्वरान् |
पाण्डुमेदोग्रहण्यर्शोमूत्रग्रहभगन्दरान् ||१४||
मेहंगुल्ममतीसारंशूलप्लीहोदरारुचीः |
श्वित्रकोष्ठगतव्याधीन्कुष्ठशोथतृषाकृमीन् ||१५||

Winters, low digestive fire, diseases caused by vitiation of *vāta* anorexia, blockage in nerves, poisoning, vomiting, salivation, malaria, anemia, obesity, malabsorption, hemorrhoids, anuria, fistula in ano, polyuria, abdominal tumor, diarrhea, colic, diseases of the spleen, abdominal diseases, leucoderma, skin diseases, edema, excessive thirst and worm infestation.

15.7: Contraindications of Buttermilk

नैवतक्रंक्षतेदद्यान्नोष्णकालेनदुर्बले |

नमूर्च्छाभ्रमदाहेषुनरोगेरक्तपित्तजे ||१६||
यान्युक्तानिदधीन्यष्टौतद्गुणंतक्रमादिशेत् ||१७||

Winters, phthisis, weak persons, apoplexy, vertigo, burning sensation and bleeding diathesis.

15.8: Buttermilk prepared from cow's milk

***Rasa* (Taste):** *Madhura* (sweet) and *amla* (sour).
Effect on *Tridōśa*: Pacifies *vāta*.
Actions: Cardiac tonic, appetizer and nutritive.
Therapeutics: Anorexia.

15.9: Buttermilk prepared from buffalo's milk

***Guṇa* (Physical property):** *Gurū* (heavy), *abhiśyandi* and *snigdha*.
***Vipāka* (Post digestion effect):** *Madhura* (sweet).
Effect on *Tridōśa*: Pacifies *vāta* and *pitta* but aggravates *kapha*.
Actions: Spermopiotic.
Note: It aggravates blood diseases.

15.10: Buttermilk prepared from goat's milk

***Guṇa* (Physical property):** *Laghu* (Light), *abhiśyandi* and *snigdha*.
***Vipāka* (Post digestion effect):** *Madhura* (sweet).
Effect on *Tridōśa*: Pacifies *vāta* and *pitta* but aggravates *kapha*.
Actions: Astringent and appetizer.
Therapeutics: Asthma, cough, hemorrhoids, phthisis and emaciation.

Chapter 16: *Navnitavavarga*

16.1: *Navnita* (Butter)

म्रक्षणंसरजंहैयङ्गवीनंनवनीतकम् |

Synonyms:*Brakshana, Heyagajeevana* and *Saraja.*

16.2: Butter prepared from cow's milk

नवनीतंहितंगव्यंवृष्यंवर्णबलाग्निकृत् |
संग्राहिवातपित्तासृक्क्षयार्शोऽर्दितकासहृत् |
तद्धितंबालकेवृद्धेविशेषादमृतंशिशोः ||१||

Effect on *Tridōśa*: Pacifies *vāta* and *pitta.*
Actions: Spermopiotic, alterative, tonic, astringent and appetizer.
Therapeutics: Diarrhoea, blood diseases, phthisis, hemorrhoids, facial paralysis and cough.
Note: It is particularly useful for new born, children and old aged people.

16.3: Butter prepared from buffalo's milk

नवनीतंमहिष्यास्तुवातश्लेष्मकरंगुरु |
दाहपित्तश्रमहरंमेदःशुक्रविवर्धनम् ||२||

***Rasa* (Taste):** *Madhura* (Sweet).
***Guṇa* (Physical property):** *Gurū* (heavy).
Effect on *Tridōśa*: Aggravates *vāta* and *kapha* but Pacifies *pitta.*
Actions: Spermopiotic.
Therapeutics: Fatigue and emaciation.

16.4: Butter extracted for milk

दुग्धोत्थंनवनीतंतुचक्षुष्यंरक्तपित्तनुत् ।
वृष्यंबल्यमतिस्निग्धंमधुरंग्राहिशीतलम् ॥३॥

***Rasa* (Taste):** *Madhura* (sweet).
***Guṇa* (Physical property):** *Snigdha*.
***Vīrya* (Potency):** *Śīta* (cold).
Actions: Spermopiotic, tonic and astringent.
Therapeutics: Eye ailments, epistaxis and blood diseases.

16.5: Fresh Butter

नवनीतंतुसद्यस्कंस्वादुग्राहिहिमंलघु ।
मेध्यंकिञ्चित्कषायाम्लमीषत्तक्रांशसङ्क्रमात् ॥४॥

***Rasa* (Taste):** *Kśāya* (astringent) and *amla* (sour).
***Guṇa* (Physical property):** *Laghu* (light).
***Vīrya* (Potency):** *Śīta* (cold).
Actions: Astringent and nootropic.

16.6: Stale Butter

सक्षारकटुकाम्लत्वाच्छर्द्यर्शःकुष्ठकारकम् ।
श्लेष्मलंगुरुमेदस्यंनवनीतंचिरन्तनम् ॥५॥

***Rasa* (Taste):** *Kaṭu* (pungent) and *amla* (sour).
***Guṇa* (Physical property):** *Gurū* (heavy).
Effect on *Tridōśa*: Aggravates *kapha*.
Note: It produces vomiting, hemorrhoids, skin diseases and obesity.

Chapter 17: *Ghṛtaravarga*

17.1: *Ghṛta* (Ghee)

घृतमाज्यंहविःसर्पिःकथ्यन्तेतद्गुणाअथ।
घृतंरसायनंस्वादुचक्षुष्यंवह्निदीपनम्।
शीतवीर्यंविषालक्ष्मीपापपित्तानिलापहम्॥१॥
अल्पाभिष्यन्दिकान्त्योजस्तेजोलावण्यबुद्धिकृत्।
स्वरस्मृतिकरंमेध्यमायुष्यंबलकृद्गुरु॥२॥
उदावर्तज्वरोन्मादशूलानाहव्रणान्हरेत्।
स्निग्धंकफकरंरक्षोरक्तक्षयविसर्पनुत्॥३॥

Synonyms: *Ājya, havi* and *sarpi*.
***Guṇa* (Physical property):** *Gurū* (heavy), *alpaabhiśyandi* and *snigdha*.
***Vīrya* (Potency):** *Śīta* (cold).
Effect on *Tridōśa*: Pacifies *vāta* and *pitta* but aggravates *kapha*.
Actions: Tonic, appetizer, nootropic and tonic
Therapeutics: Poisoning, flatulence, fever, insanity, colic, ulcer, microbial infections, phthisis, erysipelas and blood diseases.

17.2: *Gōghṛta*- Ghee prepared from cow's milk

गव्यंघृतंविशेषेणचक्षुष्यंवृष्यमग्निकृत्।
स्वादुपाककरंशीतंवातपित्तकफापहम्॥४॥
मेधालावण्यकान्त्योजस्तेजोवृद्धिकरंपरम्।
अलक्ष्मीपापरक्षोघ्नंवयसःस्थापकंगुरु॥५॥
बल्यंपवित्रमायुष्यंसुमङ्गल्यंरसायनम्।
सुगन्धंरोचनंचारुसर्वाज्येषुगुणाधिकम्॥६॥

***Rasa* (Taste):** *Madhura* (sweet).
***Guṇa* (Physical property):** *Gurū* (heavy).

***Vīrya* (Potency):** *Śīta* (cold).
***Vipāka* (Post digestion effect):** *Madhura* (sweet).
Effect on *Tridōśa*: Pacifies *vāta* and *kapha*.
Actions: Spermopiotic, appetizer, nootropic, alterative and tonic.
Therapeutics: Eye ailments and microbial infections.

17.3: *Māhiṣaghṛta*-Gheeprepared from buffalo's milk

माहिषंतुघृतंस्वादुपित्तरक्तानिलापहम् ।
शीतलंश्लेष्मलंवृष्यंगुरुस्वादुविपच्यते ॥७॥

***Rasa* (Taste):** *Madhura* (sweet).
***Guṇa* (Physical property):** *Gurū* (heavy).
***Vīrya* (Potency):** *Śīta* (cold).
***Vipāka* (Post digestion effect):** *Madhura* (sweet).
Effect on *Tridōśa*: Pacifies *vāta* and *pitta* but aggravates *kapha*.
***Karma*:** Spermopiotic.
Therapeutics: Blood diseases.

17.4: *Ājaghṛta*-Gheeprepared from goat's milk

आजमाज्यंकरोत्यग्निंचक्षुष्यंबलवर्धनम् ।
कासेश्वासेक्षयेचापिहितंपाकेभवेत्कटु ॥८॥

***Vipāka* (Post digestion effect):** *Kaṭu* (pungent).
Effect on *Tridōśa*: Pacifies *vāta* and *pitta* but aggravates *kapha*.
Actions: Appetizer and tonic.
Therapeutics: Eye ailments, cough, asthma and phthisis.

17.5: Gheeprepared from camel's milk

औष्ट्रंकटुघृतंपाकेशोषक्रिमिविषापहम् ।
दीपनंकफवातघ्नंकुष्ठगुल्मोदरापहम् ॥९॥

Effect on *Tridōśa*: Pacifies *vāta* and *pitta* but aggravates *kapha*.

***Vipāka* (Post digestion effect):** *Kaṭu* (pungent).
Effect on *Tridōśa*: Pacifies *vāta* and *kapha*.
Karma: Appetizer.
Therapeutics: Consumption, worm infestation, poisoning, skin diseases, abdominal tumor and abdominal diseases.

17.6: *Āvikaghṛta*-Gheeprepared from sheep's milk

पाकेलघ्वाविकंसर्पिःसर्वरोगविनाशनम्।
वृद्धिंकरोतिचास्थीनामश्मरीशर्करापहम्।
चक्षुष्यमग्निधुक्षणंवातदोषनिवारणम्॥१०॥

***Guṇa* (Physical property):** *Laghu* (light).
***Vīrya* (Potency):** *Śīta* (cold).
Effect on *Tridōśa*: Pacifies *vāta*.
Karma: Appetizer.
Therapeutics: Eye ailments and calculus.
Note: It increases density of bones.

17.7: *Nārīghṛta*-Gheeprepared from human's milk

कफेऽनिलेयोनिदोषेपित्तेरक्तेचतद्धितम्।
चक्षुष्यमाज्यंस्त्रीणांवासर्पिःस्यादमृतोपमम्॥११॥

Effect on *Tridōśa*: Pacifies *vāta*, *pitta* and *kapha*.
Therapeutics: Blood diseases and eye ailments.

17.8: *Vaḍavāghṛta*-Gheeprepared from mare's milk

वृद्धिंकरोतिदेहाग्नेर्लघुपाकेविषापहम्।
तर्पणंनेत्ररोगघ्नंदाहनुद्बडवाघृतम्॥१२॥

Karma: Appetizer.
Therapeutics: Eye ailments, burning sensation and poisoning.

17.9: *Dugdhabhavaghṛta*-Gheeprepared from milk

घृतंदुग्धभवंग्राहिशीतलंनेत्ररोगहृत् ।
निहन्तिपित्तदाहास्रमदमूर्च्छाभ्रमानिलान् ॥१३॥

***Rasa* (Taste):** *Madhura* (sweet).
***Guṇa* (Physical property):** *Gurū* (heavy) and *snigdha*.
***Vīrya* (Potency):** *Śīta* (cold).
Effect on *Tridōśa*: Pacifies *vāta* and *pitta*.
Karma: Appetizer.
Therapeutics: Colic, constipation, fever, insanity, tympanites and ulcer.

17.10: *Haiyaṁgavīyakaghṛt*-Gheeprepared from elephant's milk

हविर्ह्यस्तनदुग्धोत्थंतत्स्याद्धैयङ्गवीनकम् ।
हैयङ्गवीनंचक्षुष्यंदीपनंरुचिकृत्परम् ।
बलकृद्बृंहणंवृष्यंविशेषाज्ज्वरनाशनम् ॥१४॥

Karma: Appetizer, aphrodisiac, tonic, febrifuge and nutritive.
Therapeutics: Eye ailments and fever.

17.11: *Purāṇaghṛta*-Old Gheeprepared from milk

वर्षादूर्ध्वंभवेदाज्यंपुराणंतत्त्रिदोषनुत् ।
मूर्च्छाकुष्ठविषोन्मादापस्मारतिमिरापहम् ॥१५॥
यथायथाऽखिलंसर्पिःपुराणमधिकंभवेत् ।
तथातथागुणैःस्वैःस्वैरधिकंतदुदाहृतम् ॥१६॥

It has been preserved for more than one year.
Effect on *Tridōśa*: Pacifies *vāta*, *pitta* and *kapha*.
Therapeutics: Apoplexy, skin diseases, poisoning, insanity, epilepsy and night blindness.

17.12: *Navīnaghṛta*-Indications for new Ghee

योजयेन्नवमेवाज्यंभोजनेतर्पणेश्रमे |
बलक्षयेपाण्डुरोगेकामलानेत्ररोगयोः ||१७||

Meals, hard work, general debility, anemia, jaundice and eye ailments.

17.12: *Ghṛtasēvananiṣēdha*-Contraindications for Ghee

राजयक्ष्मणिबालेचवृद्धेश्लेष्मकृतेगदे |
रोगेसोमेविषूच्याञ्चविबन्धेचमदात्यये |
ज्वरेचदहनेमन्देनसर्पिर्बहुमन्यते ||१८||

Children, old aged, tuberculosis, diseases caused by vitiation of *kapha*, indigestion, cholera, constipation, alcoholism, fever and low digestive fire.

Chapter 18: *Mūtravargaā*

18.1: *Gōmūtra* (Cow urine)

गोमूत्रंकटुतीक्ष्णोष्णंक्षारंतिक्तकषायकम् |
लघ्वग्निदीपनंमेध्यंपित्तकृत्कफवातहृत् ||१||
शूलगुल्मोदरानाहकण्ड्वक्षिमुखरोगजित् |
किलासगदवातामवस्तिरुक्कुष्ठनाशनम् |
कासश्वासापहंशोथकामलापाण्डुरोगहृत् ||२||
कण्डूकिलासगदशूलमुखाक्षिरोगान्गुल्मातिसारमरुदामयमूत्ररोधान् |
कासंसकुष्ठजठरक्रिमिपाण्डुरोगान्गोमूत्रमेकमपिपीतमपाकरोति ||३||
सर्वेष्वपिचमूत्रेषुगोमूत्रंगुणतोऽधिकम् |
अतोऽविशेषात्कथनेमूत्रंगोमूत्रमुच्यते ||४||
प्लीहोदरश्वासकासशोथवर्चोग्रहापहम् |
शूलगुल्मरुजानाहकामलापाण्डुरोगहृत् |
कषायंतिक्ततीक्ष्णंचपूरणात्कर्णशूलहृत् ||५||

***Rasa* (Taste):** *Kaṭu* (pungent), *tikta* (bitter) and *kśya* (astringent).
***Guṇa* (Physical property):** *Laghu* (light), *tīkśana* and *snigdha*.
***Vīrya* (Potency):** *Ūśaṇa* (hot).
Effect on *Tridōśa*: Pacifies *kapha* and *vāta* but aggravates *kapha*.
Actions: Nootropic and appetizer.
Therapeutics: Colic, abdominal diseases, diarrhea, flatulence, pruritis, eye-ailments, diseases of the throat, skin diseases, indigestion, diseases of the urinary bladder, cough, asthma, edema, jaundice, dysuria and anemia.

18.2: *Naramūtra* (Human urine)

नरमूत्रंगरंहन्तिसेवितंतद्रसायनम् |
रक्तपामाहरंतीक्ष्णंसक्षारलवणंस्मृतम् ||६||

***Rasa* (Taste):** *Lavaṇa* (saline).
***Guṇa* (Physical property):** *Tīkśana*.
***Vīrya* (Potency):** *Śīta* (cold).
Therapeutics: Blood ailments, poisoning and scabies.

18.3: Some facts about urine

गोजाविमहिषीणांतुस्त्रीणांमूत्रंप्रशस्यते।
खरोष्ट्रेभनराश्वानांपुंसांमूत्रंहितंस्मृतम् ॥७॥

1. In case of urine of cow, goat and buffalo, female is preferred.
2. In case of ass, camel, elephant, human and horse, male is preferred.

Chapter 19: *Tailavarga*

19.1: *Taila* (Oil)

तिलादिस्निग्धवस्तूनांस्नेहस्तैलमुदाहृतम् ।
तत्तुवातहरंसर्वंविशेषात्तिलसम्भवम् ॥१॥

Taila is obtained from *snigdha* part of *Tila* and other drugs, hence known as *taila*. All types of oils pacify *vāta*.

19.2: *Tilataila* (Seasum oil)

तिलतैलंगुरुस्थैर्यबलवर्णकरंसरम् ।
वृष्यंविकाशिविशदंमधुरंरसपाकयोः ॥२॥
सूक्ष्मंकषायानुरसंतिक्तंवातकफापहम् ।
वीर्येणोष्णंहिमंस्पर्शेबृंहणंरक्तपित्तकृत् ॥३॥
लेखनंबद्धविण्मूत्रंगर्भाशयविशोधनम् ।
दीपनंबुद्धिदंमेध्यंव्यवायिव्रणमेहनुत् ॥४॥
श्रोत्रयोनिशिरःशूलनाशनंलघुताकरम् ।
त्वच्यंकेश्यंचचक्षुष्यमभ्यङ्गेभोजनेऽन्यथा ॥५॥
छिन्नभिन्नच्युतोत्पिष्टमथितक्षतपिच्चिते ।
भग्नस्फुटितविद्धाग्निदग्धविश्लिष्टदारिते ॥६॥
तथाऽभिहतनिर्भुग्नमृगव्याघ्रादिविक्षते ।
वस्तौपानेऽन्नसंस्कारेनस्येकर्णाक्षिपूरणे ।
सेकाभ्यङ्गावगाहेषुतिलतैलंप्रशस्यते ॥७॥
रूक्षादिदुष्टःपवनःस्रोतःसङ्कोचयेद्यदा ।
रसोऽसम्यग्वहन्कार्श्यंकुर्याद्रक्तान्यवर्धयन् ॥८॥
तेषुप्रवेष्टुंसरत्वसौक्ष्म्यस्निग्धत्वमार्दवैः ।
तैलंक्षमंरसंनेतुंकृशानांतेनबृंहणम् ॥९॥

व्यवायिसूक्ष्मतीक्ष्णोष्णसरत्वैर्मेदसःक्षयम्।
शनैःप्रकुरुतेतैलंतेनलेखनमीरितम्॥१०॥
द्रुतंपुरीषंबध्नातिस्खलितंतत्प्रवर्तयेत्।
ग्राहकंसारकञ्चापितेनतैलमुदीरितम्॥११॥

***Rasa* (Taste):** *Kśāya* (astringent) and *tikta* (bitter).
***Guṇa* (Physical property):** *Gurū* (heavy), *vikāsi*, *viśada*, *sūkśama* and *vyavāyi*.
***Vīrya* (Potency):** *Ūśaṇa* (hot).
Effect on *Tridōśa*: Pacifies *vāta* and *kapha*.
Actions: Tonic, alterative laxative, aphrodisiac, nutritive, appetizer, nootropic,
Therapeutics: Obesity, polyuria, diarrhea, ulcer, sugar in urine, pain in ear, vagina and head, beneficial for skin, hair and eyes, fractures, dislocation, sprains, trauma, for enema, massage and *nasya* (nasal administration of the drugs).
Note: It is causes bleeding diathesis.

19.3: Some facts about *Tilataila*

Tilataila has two opposite properties viz., it is nutritive and at same time it sets up emaciation. When a person consumes *rūkśa* foods in excess, it aggravates *vāta*, which sets up contraction in channels of circulation. As a result Rasa is not formed properly as a result the series leading to formation of successive tissues is hindered and emaciation sets in. *Tilataila* because of *vikāsi*, *viśada*, *sūkśama* and *vyavāyi* properties open the blockage of the channels of circulation as a result formation of successive tissues begins. Also due to *vikāsi*, *viśada*, *sūkśama* and *vyavāyi* properties, the oil reduces fat slowly. Also, *tilataila* acts as laxative as well as astringent.

19.4: Oil and *Ghṛta*

घृतमब्दात्परंपक्वंहीनवीर्यप्रजायते।
तैलंपक्वमपक्वंवाचिरस्थायिगुणाधिकम्॥१२॥

Ghṛta kept for more than a year is less potent. However, this is not true for oils.

19.5: *Sārṣapataila* (Mustard oil)

दीपनंसार्षपंतैलंकटुपाकरसंलघु।
लेखनंस्पर्शवीर्योष्णंतीक्ष्णंपित्तास्रदूषकम् ॥१३॥
कफमेदोऽनिलार्शोघ्नंशिरःकर्णामयापहम्।
कण्डूकुष्ठकृमिश्वित्रकोठदुष्टक्रिमिप्रणुत्।
तद्वद्राजिकयोस्तैलंविशेषान्मूत्रकृच्छ्रकृत् ॥१४॥

***Rasa* (Taste):** *Kaṭu* (pungent).
***Guṇa* (Physical property):** *Laghu* (light).
***Vīrya* (Potency):** *Ūśaṇa* (hot).
***Vipāka* (Post digestion effect):** *Kaṭu* (pungent).
Effect on *Tridōśa*: Pacifies *vāta* and *kapha*.
Actions: Tonic, alterative laxative, aphrodisiac, nutritive, appetizer and nootropic.
Therapeutics: Obesity, hemorrhoids, headache, diseases of the ear, pruritis, skin diseases, worm infestation, leucoderma and urticaria.

19.7: *Tuvarītaila* (Hydnocarpus oil)

तीक्ष्णोष्णंतुवरीतैलंलघुग्राहिकफास्रजित्।
वह्निकृद्विषहृत्कण्डूकुष्ठकोठकृमिप्रणुत्।
मेदोदोषापहंचापिव्रणशोथहरंपरम् ॥१५॥

***Rasa* (Taste):** *Kaṭu* (pungent).
Guṇa (Physical property): *Laghu* (light) and *tīkśana*.
***Vīrya* (Potency):** *Ūśaṇa* (hot).
Effect on *Tridōśa*: Pacifies *kapha*.
Actions: Astringent.
Therapeutics: Blood diseases, pruritis, urticaria, worm infestation and obesity.

19.8: *Atāsītaila* (Linseed oil)

अतसीतैलमाग्नेयंस्निग्धोष्णंकफपित्तकृत्।
कटुपाकमचक्षुष्यंबल्यंवातहरंगुरु ॥१६॥

मलकृद्रसतःस्वादुग्राहित्वग्दोषहृद्घनम् |
बस्तौपानेतथाभ्यङ्गेनस्येकर्णस्यपूरणे |
अनुपानविधौचापिप्रयोज्यंवातशान्तये ||१७||

Rasa (Taste): *Madhura* (sweet).
***Guṇa* (Physical property):** *Laghu* (light) and *snigdha*.
***Vīrya* (Potency):** *Ūśaṇa* (hot).
***Vipāka* (Post digestion effect):** *Kaṭu* (Pungent).
Effect on *Tridōśa*: Aggravates *pitta* and *kapha*.
Actions: Tonic, laxative.
Therapeutics: Eye diseases, pruritis, urticaria, worm infestation, obesity, massage and *nasya* (nasal administration of the drugs).

19.9: *Kusumbha taila*

कुसुम्भतैलमम्लंस्यादुष्णंगुरुविदाहिच |
चक्षुर्भ्यामहितंबल्यंरक्तपित्तकफप्रदम् ||१८||

***Rasa* (Taste):** *Amla* (sour).
***Guṇa* (Physical property):** *Gurū* (heavy).
***Vīrya* (Potency):** *Ūśaṇa* (hot).
Effect on *Tridōśa*: Aggravates *kapha*.
Action: Tonic.
Note: *Kusumbha taila* lead to bleeding diathesis.

19.10: *Khasabījataila*

तैलंतुखसबीजानांबल्यंवृष्यंगुरुस्मृतम् |
वातहृत्कफहृच्छीतंस्वादुपाकरसंचतत् ||१९||

***Rasa* (Taste):** *Madhura* (sweet).
***Guṇa* (Physical property):** *Laghu* (light) and *snigdha*.
***Vīrya* (Potency):** *Śīta* (cold).
***Vipāka* (Post digestion effect):** *Madhura* (sweet).
Effect on *Tridōśa*: Aggravates *vāta* and *kapha*.

Actions: Tonic and aphrodisiac.

19.11: *Ēraṇḍataila* (Castor oil)

एरण्डतैलंतीक्ष्णोष्णंदीपनंपिच्छिलंगुरु।
वृष्यंत्वच्यंवयःस्थापिमेधाकान्तिबलप्रदम्॥२०॥
कषायानुरसंसूक्ष्मंयोनिशुक्रविशोधनम्।
विस्रंस्वादुरसेपाकेसतिक्तंकटुकंसरम्॥२१॥
विषमज्वरहृद्रोगपृष्ठगुह्यादिशूलनुत्।
हन्तिवातोदरानाहगुल्माष्ठीलाकटिग्रहान्॥२२॥
वातशोणितविड्बन्धब्रध्नशोथामविद्रधीन्।
आमवातगजेन्द्रस्यशरीरवनचारिणः।
एकएवनिहन्ताऽयमेरण्डस्नेहकेसरी॥२३॥

***Rasa* (Taste):** *Madhura* (sweet), *tikta* (bitter) and *kśāya* (astringent as *anurasa*).
***Guṇa* (Physical property):** *Gurū* (heavy), *tīkṣana*, *sūkśama* and *picila*.
***Vīrya* (Potency):** *Ūśaṇa* (hot).
***Vipāka* (Post digestion effect):** *Madhura* (sweet).
Effect on *Tridōśa*: Pacifies *vāta*.
Action: Laxative.
Therapeutics: Malaria, heart ailments, lumbago, colic, flatulence, abdominal tumor, enlarged prostate, gout, constipation, hernia, edema, indigestion and abscess.

19.12: *Sarjarasataila*

तैलंसर्जरसोद्भूतंविस्फोटव्रणनाशनम्।
कुष्ठपामाकृमिहरंवातश्लेष्मामयापहम्॥२४॥

Effect on *Tridōśa*: Pacifies *vāta* and *kapha*.
Therapeutics: Furunculosis, ulcer, skin diseases, pruritis and worm infestation.

19.13: *Taila* in general

तैलंस्वयोनिगुणकृद्वाग्भटेनाखिलंमतम् ।
अतःशेषस्यतैलस्यगुणाज्ञेयाःस्वयोनिवत् ॥२५॥

***Rasa* (Taste):** *Madhura* (Sweet).
***Guṇa* (Physical property):** *Gurū* (heavy) and *sara*.
***Vīrya* (Potency):** *Ūśaṇa* (hot).
***Vipāka* (Post digestion effect):** *Madhura*(sweet).
Effect on *Tridōśa*: Pacifies *vāta*.
***Karma*:** *Balya*.
Therapeutics: Oil is used for massage, enema, nasal administration, vehicle for medicines and skin diseases.

Chapter 20: *Sandhanavarga*

20.1.1: *Kāñjika*

सन्धितंधान्यमण्डादिकाञ्जिकंकथ्यतेजनैः ।
काञ्जिकंभेदितीक्ष्णोष्णंरोचनंपाचनंलघु ।
दाहज्वरहरंस्पर्शात्पानाद्वातकफापहम् ॥१॥
माषादिवटकैर्यत्तुक्रियतेतद्गुणाधिकम् ।
लघुवातहरंतत्तुरोचनंपाचनंपरम् ॥२॥
शूलाजीर्णविबन्धामनाशनंबस्तिशोधनम् ।
शोषमूर्च्छाभ्रमार्त्तानांमदकण्डूविशोषिणाम् ॥३॥
प्रशस्यतेनकाञ्जिकंकुष्ठीनांरक्तपित्तिनाम् ।
पाण्डुरोगेयक्ष्मणिचतथाशोषातुरेषुच ॥४॥
क्षतक्षीणेतथाश्रान्तेमन्दज्वरनिपीडिते ।
एतेषांनहितंप्रोक्तंकाञ्जिकंदोषकारकम् ॥५॥

Kāñjika is obtained by keeping *dhānya* or *maṇḍka* in a vessel containing water. The vessel is covered with a lid for three days.
***Rasa* (Taste):** *Madhura* (sweet).
***Guṇa* (Physical property):** *Laghu* (light) and *tīkśaṇa*.
***Vīrya* (Potency):** *Ūśaṇa* (hot).
Effect on *Tridōśa*: Pacifies *vāta* and *kapha*.
Actions: Laxative, appetizer and digestive,
Therapeutics: Fever and burning sensation.

20.1.2: *Kāñjika* prepared from *Māśa*

***Guṇa* (Physical property):** *Laghu* (light).
Effect on *Tridōśa*: Pacifies *vāta*.
Actions: Appetizer and digestive.
Therapeutics: Colic, dyspepsia and constipation.
Note: It purifies the urinary bladder.

20.2: Contraindications of *Kāñjika*

Alcoholism, pruritis, skin diseases, bleeding-diathesis, anemia, tuberculosis, consumption, fatigued and fever.

20.3: *Tuṣōdaka*

तुषोदकयवैरामैःसतुषैःशकलीकृतैः |
तुषाम्बुदीपनंहृद्यंपाण्डुक्रिमिगदापहम् |
तीक्ष्णोष्णंपाचनंपित्तरक्तकृद्बस्तिशूलनुत् ||६||

Tuṣōdaka is obtained by subjecting pieces of *yava* and its husk to fermentation.
***Guṇa* (Physical property):** *Laghu* (light) and *tīkśana*.
***Vīrya* (Potency):** *Ūśaṇa* (hot).
Effect on *Tridōśa*: Aggravates *pitta*.
Actions: Appetizer, cardiac tonic and digestive.
Therapeutics: Pain in urinary bladder, anemia and worm infestation.
Note: *Tuṣōdaka* aggravates blood diseases.

20.4: *Sauvīra*

सौवीरंतुयवैरामैःपक्वैर्वानिस्तुषैःकृतम् |
गोधूमैरपिसौवीरमाचार्याःकेचिदूचिरे ||७||
सौवीरंतुग्रहण्यर्शःकफघ्नंभेदिदीपनम् |
उदावर्त्ताङ्गमर्दास्थिशूलानाहेषुशस्यते ||८||

Sauvīra is obtained by subjecting pieces of unripe and ripe *yava* and its husk to fermentation.
***Guṇa* (Physical property):** *Laghu* (light) and *tīkśaṇa*.
Effect on *Tridōśa*: Pacifies *kapha*.
Actions: Laxative and appetizer.
Therapeutics: Malabsorption, hemorrhoids, flatulence, pains the body and bones.

20.5: *Āranāla*

आरनालंतुगोधूमैरामैःस्यान्निस्तुषीकृतैः |
पक्वैर्वासन्धितैस्तत्तुसौवीरसदृशंगुणैः ||९||

Āranāla is obtained by subjecting pieces of *gōdhūma* and its husk to fermentation.
***Guṇa* (Physical property):** *Tīkśaṇa*.
Effect on *Tridōśa*: Pacifies *kapha*.
Actions: Laxative and appetizer.
Therapeutics: Malabsorption, hemorrhoids, flatulence, pains the body and bones.

20.6: *Dhānyāmla*

धान्याम्लंशालिचूर्णंचकोद्रवादिकृतंभवेत् |
धान्याम्लंधान्ययोनित्वात्प्रीणनंलघुदीपनम् |
अरुचौवातरोगेषुसर्वेष्वास्थापनेहितम् ||१०||

Dhānyāmla is obtained by subjecting powder of *śali* and *kōdō* (it is type of *dhānya*) to fermentation.
***Guṇa* (Physical property):** *Laghu* (light).
***Vīrya* (Potency):** *Ūśaṇa* (hot).
Effect on *Tridōśa*: Pacifies *vāta*.
Actions: Appetizer.
Therapeutics: Anorexia and enema.

20.7: *Śiṇḍākī*

शिण्डाकीराजिकायुक्तैःस्यान्मूलकदलद्रवैः |
सर्षपस्वरसैर्वाऽपिशालिपिष्टकसंयुतैः |
शिण्डाकीरोचनीगुर्वीपित्तश्लेष्मकरीस्मृता ||११||

Śiṇḍākī is obtained by subjecting powder of *śali* and expressed juice of *sarśapa* or leaves of *mūlika* with *kālajājī* to fermentation.
***Guṇa* (Physical property):** *Gurū* (heavy).
***Vīrya* (Potency):** *Ūśaṇa* (hot).

Effect on *Tridōśa*: Aggravates *pitta* and *kapha*.
Actions: Appetizer.

20.8: *Śukta*

कन्दमूलफलादीनिसस्नेहलवणानिच।
यत्रद्रवेऽभिषूयन्तेतच्छुक्तमभिधीयते ॥१२॥
शुक्तंकफघ्नंतीक्ष्णोष्णंरोचनंपाचनंलघु।
पाण्डुक्रिमिहरंरूक्षंभेदनंरक्तपित्तकृत् ॥१३॥

Śukta is obtained by dissolving roots, corms and fruits (along with oil and salt) in a liquid and subjecting to fermentation.
***Guṇa* (Physical property):** *Laghu* (light), *rūkśa* and *tīkśaṇa*.
***Vīrya* (otency):** *Ūśaṇa* (hot).
Effect on *Tridōśa*: Pacifies *kapha*.
Actions: Appetizer, laxative and digestive.
Therapeutics: Anemia and worm infestation.
Note: *Śukta* leads to bleeding diathesis.

20.9: *Āsuta*

कन्दमूलफलाढ्यंयत्तत्तुविज्ञेयमासुतम्।
तद्रुच्यंपाचनंवातहरंलघुविशेषतः ॥१४॥

It is a type of *kāñjika* containingroots, corms and fruits.
***Guṇa* (Physical property):** *Laghu* (light).
Effect on *Tridōśa*: Pacifies *vāta*.
Actions: Appetizer and digestive.

20.10: *Madya*

मद्यन्तुसीधुमैरेयमिराचमदिरासुरा।
कादम्बरीवारुणीचहालापिबलवल्लभा ॥१५॥
पेयंयन्मादकंलोकैस्तन्मद्यमभिधीयते।

यद्याऽरिष्टंसुरासीधुरासवाद्यमनेकधा।
मद्यंसर्वंभवेदुष्णंपित्तकृद्वातनाशनम्।
भेदनंशीघ्रपाकंचरूक्षंकफहरंपरम् ॥१६॥
अम्लंचदीपनंरुच्यंपाचनंचाशुकारिच।
तीक्ष्णसूक्ष्मंचविशदंव्यवायिचविकाशिच ॥१७॥

Guṇa (Physical property): *Laghu* (Light), *rūkśa*, *tīkśaṇa*, *sūkśama*, *viṣada, vyvāyi* and *vikāsi*.
***Vīrya* (Potency):** *Ūśaṇa* (hot).
Effect on *Tridōśa*: Aggravates *pitta* but pacifies *vāta* and *kapha.*
Actions: Appetizer, laxative, digestive.

20.11: *Ariṣṭa*

पक्वौषधाम्बुसिद्धंयन्मद्यंतत्स्यादरिष्टकम्।
अरिष्टंलघुपाकेनसर्वतश्चगुणाधिकम्।
अरिष्टस्यगुणाज्ञेयाबीजद्रव्यगुणैःसमाः ॥१८॥

Ariṣṭa is a type of *madya* obtained from processed drug and water.
***Guṇa* (Physical property):** *Laghu* (light).
Note: The property of *ariṣṭa* depends on the drug used for the preparation.

20.12: *Surā*

शालिषष्टिकपिष्ठादिकृतंमद्यंसुरास्मृता।
सुरागुर्वीबलस्तन्यपुष्टिमेदःकफप्रदा।
ग्राहिणीशोथगुल्मार्शोग्रहणीमूत्रंकृच्छ्रनुत् ॥१९॥

Surā is a type of *madya* obtained from the powders of *śāli* and *ṣaṣṭika*.
***Guṇa* (Physical property):** *Gurū* (heavy).
Effect on *Tridōśa*: Aggravates *kapha*.
Actions: Galacatagouge, nutritive and astringent.
Therapeutics: Edema, abdominal tumor, hemorrhoids, malabsorption and dysuria.

20.13: *Vāruṇī*

पुनर्नवाशिलापिष्टेर्वारुणीविहितास्मृता।
संहितैस्तालखर्जूररसैर्यासापिवारुणी।
सुरावद्वारुणीलघ्वीपीनसाध्मानशूलनुत् ॥२०॥

Vāruṇī is a type of *surā* obtained from *śāli* and *punarnavā*.
Guṇa (Physical property): *Laghu* (light).
Effect on *Tridōśa*: Aggravates *kapha*.
Actions: Galacatagouge, nutritive and astringent.
Therapeutics: Edema, abdominal tumor, hemorrhoids, malabsorption, dysuria, rhinitis, flatulence and colic.

20.14: *Sīdhu*

इक्षोःपक्वैरसैःसिद्धःसीधुःपक्वरसश्चसः।
आमैस्तैरेवयःसीधुःसचशीतरसःस्मृतः ॥२१॥
सीधुःपक्वरसःश्रेष्ठःस्वराग्निबलवर्णकृत्।
वातपित्तकरःसद्यःस्नेहनोरोचनोहरेत् ॥२२॥
विबन्धमेदःशोफार्शःशोफोदरकफामयान्।
तस्मादल्पगुणःशीतरसःसंलेखनःस्मृतः ॥२३॥

*Sīdhu*is a type of *surā* obtained fromboiled *Ikshu*.
***Guṇa* (Physical property):** *Laghu* (Light).
Effect on *Tridōśa*: Aggravates *vāta* and *pitta*.
Actions: Alterative, appetizer, demulcent and tonic.
Therapeutics: Fever, constipation, obesity, edema, hemorrhoids and abdominal swelling.

20.15: *Āsva*

यदपक्वौषधाम्बुभ्यांसिद्धंमद्यंसआसवः।
आसवस्यगुणाज्ञेयाबीजद्रव्यगुणैःसमाः ॥२४॥

Āsva is a type of *madya* obtained from unprocessed drug and water.
Note: The property of *āsva* depends on the drug used for the preparation.

20.16.1: New *Madya*

मद्यंनवमभिष्यन्दित्रिदोषजनकंसरम्।
अहृद्यंबृंहणंदाहिदुर्गन्धंविशदंगुरु ॥२५॥

***Guṇa* (Physical property):** *Abhiśyandi* and *viṣada*.
Effect on *Tridōśa*: Aggravates *vāta*, *pitta* and *kapha*.
Actions: Laxative and nutritive.
Note: 1. It is foul smelling.
2.It is harmful to heart.

20.16.2: Old *Madya*

जीर्णंतदेवरोचिष्णुक्रिमिश्लेष्मानिलापहम्।
हृद्यंसुगन्धिगुणवल्लघुस्रोतोविशोधनम् ॥२६॥

***Guṇa* (Physical property):** *Laghu* (light).
Effect on *Tridōśa*: Aggravates *vāta* and *kapha*.
Actions: Appetizer and cardiac tonic.
Therapeutics: Worm infestation.
Note: 1. It has agreeable smelling.
2. It purifiers channels of circulation.

20.17: Effect of *Madya on Satva*, *Raja* and *Tama*

सात्त्विकेगीतहास्यादिराजसेसाहसादिकम्।
तामसेनिन्द्यकर्माणिनिद्राञ्चमदिराऽऽचरेत् ॥२७॥

1. In *Satva* people, *madya* induces songs and laughing.
2. In *Raja* people, *madya* induces courage.
3. In *Tama* people, *madya* induces sleep and criticizing.

20.17: Use of *Madya*

विधिनामात्रयाकालेहितैरन्नैर्यथाबलम् ।
प्रहृष्टोयःपिबेन्मद्यंतस्यस्यादमृतंयथा ॥२८॥
किन्तुमद्यंस्वभावेनयथैवान्नंतथास्मृतम् ।
अयुक्तियुक्तंरोगाययुक्तियुक्तंयथाऽमृतम् ॥२९॥

Madya is very useful if taken in right manner. It should be consumed according to good mood, appropriate foods and capacity.

20.17: Methods to prevent foul smell of *Madya*

मुस्तैलबालगदजीरकधान्यकैलायश्चर्वयन्सदसिवाचमभिव्यनक्ति ।
स्वाभाविकंमुखजमुञ्झतिपूतिगन्धंगन्धंचमद्यलशुनादिभवञ्चनूनम् ॥३०॥

A person consuming *madya* should suck *nāgarmōthā, kūtha, jīraka, dhānya* and *ēlā* for preventing foul smell.

Chapter 21: *Madhuvarga*

21.1: *Madhu* (Honey)

मधुमाक्षिकमाध्वीकक्षौद्रसारघ्यमीरितम् ।
मक्षिकावरटीभृङ्गवान्तपुष्परसोद्भवम् ॥१॥
मधुशीतंलघुस्वादुरूक्षंग्राहिविलेखनम् ।
चक्षुष्यंदीपनंस्वर्यंव्रणशोधनरोपणम् ॥२॥
सौकुमार्यकरंसूक्ष्मंपरंस्रोतोविशोधनम् ।
कषायानुरसंह्लादिप्रसादजनकंपरम् ॥३॥
वर्ण्यंमेधाकरंवृष्यंविशदंरोचनंहरेत् ।
कुष्ठार्शःकासपित्तास्रकफमेहक्लमक्रिमीन् ॥४॥
मेदस्तृष्णावमिश्वासहिक्काऽतीसारविड्ग्रहान् ।
दाहक्षतक्षयांस्तत्तुयोगवाह्यल्पवातलम् ॥५॥

Synonyms:*Mākṣika, mādhvīka, kṣaudra, sāra, amīrita, makṣikā, varaṭī, bhṛṅgavānta* and *puṣparasōdbhava.*
***Rasa* (Taste):** *Madhura* (sweet)
***Anurasa*:** *Kśāya* (astringent).
***Guṇa* (Physical property):** *Laghu* (light), *sūkṣama* and *viṣada*.
***Vīrya* (Potency):** *Śīta* (cold).
Effect on *Tridōśa*: Pacifies *pitta* but aggravate *vāta* slightly.
Actions: Tonic, astringent, appetizer, styptic, alterative, nootropic and spermopiotic.
Therapeutics: Skin diseases, hemorrhoids, cough, blood diseases, polyuria, worm infestation, obesity, excessive thirst, vomiting, asthma, hiccough, and diarrhea, constipation, burning sensation, consumption and phthisis.
Note: 1. Honey is *yōgavāhī* (synergistic action with other drugs).
2. Honey purifies channels of circulation.

21.2: *Madhubhēda*-Types of Honey

माक्षिकंभ्रामरंक्षौद्रंपौतिकंछात्रमित्यपि ।

आर्घ्यमौद्दालकंदालमित्यष्टौमधुजातयः ||६||

1. *Mākṣika*, 2. *bhrāmara*, 3. *kṣaudra*, 4. *pauttika,* 5. *chātra,* 6. *ārghya,* 7. *auddālaka* and 8. *dāla.*

21.3: *Mākṣika*

मक्षिकाःपिङ्गवर्णास्तुमहत्योमधुमक्षिकाः |
ताभिःकृतंतैलवर्णमाक्षिकंपरिकीर्तितम् ||७||
माक्षिकंमधुषुश्रेष्ठंनेत्रामयहरंलघु |
कामलाऽर्शःक्षतश्वासकासक्षयविनाशनम् ||८||

*Mākṣika*is produced by yellow colored flies and resembles oil in color.
Guṇa (Physical property): *Laghu* (Light).
Therapeutics: Jaundice, hemorrhoids, consumption, phthisis, asthma and cough.

21.4: *Bhrāmara*

किञ्चित्सूक्ष्मैःप्रसिद्धेभ्यःषट्पदेभ्योऽलिभिश्चितम् |
निर्मलंस्फटिकाभंयत्तन्मधुभ्रामरंस्मृतम् ||९||
भ्रामरंरक्तपित्तघ्नंमूत्रजाड्यकरंगुरु |
स्वादुपाकमभिष्यन्दिविशेषात्पिच्छिलंहिमम् ||१०||

Bhrāmara is produced by small insects having six feet and resembles *sphatika*.
***Guṇa* (Physical property):** *Gurū* (heavy) and *picila*.
***Vīrya* (Potency):** *Śīta* (cold).
Vipāka* (Post digestion effect):Madhura* (Sweet).
Therapeutics: Bleeding diathesis.

21.5: *Kṣaudra*

माक्षिकाःकपिलाःसूक्ष्माःक्षुद्राख्यास्तत्कृतंमधु |
मुनिभिःक्षौद्रमित्युक्तंतद्वर्णात्कपिलंभवेत् |

गुणैर्माक्षिकवत्क्षौद्रंविशेषान्मेहनाशनम् ||११||

Kṣaudra is produced by black colored flies known as *kṣaudra*.
***Guṇa* (Physical property):** *Laghu* (light).
Therapeutics: Jaundice, hemorrhoids, consumption, phthisis, asthma, polyuria and cough.

21.6: *Pauttika*

कृष्णायामशकोपमालघुतराःप्रायोमहापीडिकावृक्षाणां
पृथुकोटरान्तरगताःपुष्पासवंकुर्वते |
तास्तज्ज्ञैरिहपूतिकानिगदितास्ताभिःकृतं
सर्पिषातुल्यंयन्मधुतद्वनेचरजनैःसंकीर्तितंपौत्तिकम् ||१२||
पौत्तिकंमधुरूक्षोष्णंपित्तदाहास्रवातकृत् |
विदाहिमेहकृच्छ्रघ्नंग्रन्थ्यादिक्षतशोषिच ||१३||

Pauttika is produced by black colored flies known as *Putika*. The flies are small like that of mosquitoes and produces painful stinging. The honey resembles with *Ghee*.
***Guṇa* (Physical property):** *Rūkśa*.
Vīrya* (Potency):Uśaṇa* (hot).
Effect on *Tridōśa*: Aggravate *pitta* and *vāta*.
Therapeutics: Nodules, ulcers, polyuria and dysuria.

21.7: *Chātra*

वरटाःकपिलाःपीताःप्रायोहिमवतोवने |
कुर्वन्तिच्छत्रकाकारंतज्जंछात्रंमधुस्मृतम् ||१४||
छात्रंकपिलपीतंस्यात्पिच्छिलंशीतलंगुरु |
स्वादुपाकंकृमिश्वित्ररक्तपित्तप्रमेहजित् |
भ्रमतृण्मोहविषहृत्तर्पणञ्चगुणाधिकम् ||१५||

Chātra is obtained from black and yellow colored flies living in Himalayas.
***Guṇa* (Physical property):** *Gurū* (heavy) and *picila*.
***Vīrya* (Potency):** *Śīta* (cold).

Vipāka* (Post digestion effect):Madhura* (sweet).
Actions: Appetizer, laxative and digestive.
Therapeutics: Worm infestation, leucoderma, bleeding diathesis, polyuria, vertigo, excessive thirst and poisoning.

21.8: *Ārghya*

मधूकवृक्षनिर्यासंजरत्कार्वाश्रमोद्भवम् |
स्रवत्यार्घ्यंतदाख्यातंश्वेतकंमालवेपुनः ||१६||
तीक्ष्णंतुण्डासुयाःपीतामक्षिकाःषट्पदोपमाः |
अर्घ्यास्तास्तत्कृतंयत्तदार्घ्यमित्यपरेजगुः ||१७||
आर्घ्यंमध्वतिचक्षुष्यंकफपित्तहरंपरम् |
कषायंकटुकंपाकेतिक्तञ्चबलपुष्टिकृत् ||१८||

Ārghya is produced by yellow colored flies known as *ārghya.*
Rasa* (Taste):Kśāya* (astringent) and *tikta* (bitter).
Vipāka* (Post digestion effect):Kaṭu* (pungent).
Effect on *Tridōśa*: Pacifies *kapha* and *pitta*.
Actions: Tonic and nutritive.
Therapeutics: Eye ailments.

21.9: *Auddālaka*

प्रायोवल्मीकमध्यस्थाःकपिलाःस्वल्पकीटकाः |
कुर्वन्तिकपिलंस्वल्पंतत्स्यादौद्दालकंमधु ||१९||
औद्दालकंरुचिकरंस्वर्यंकुष्ठविषापहम् |
कषायमुष्णमम्लञ्चकटुपाकञ्चपित्तकृत् ||२०||

Auddālaka is produced by small insects having black color.
Rasa* (Taste):Kśāya* (astringent) and *amla* (sour).
Vīrya* (Potency):Uśaṇa* (hot).
Effect on *Tridōśa*: Aggravates *pitta*.
Actions: Appetizer.
Therapeutics: Hoarseness of the voice

21.10: *Dāla*

संस्रुत्यपतितंपुष्पाद्यत्तुपत्रोपरिस्थितम्।
मधुराम्लकषायञ्चतद्दालंमधुकीर्तितम् ॥२१॥
दालंमधुलघुप्रोक्तंदीपनीयंकफापहम्।
कषायानुरसंरूक्षंरुच्यंछर्दिप्रमेहजित्।
अधिकंमधुरंस्निग्धंबृंहणंगुरुभारिकम् ॥२२॥

Dāla is obtained from the flowers and collected on the leaves.
Rasa **(Taste):***Amla* (sour) and *madhura* (sweet).
Anurasa: *Kśāya* (astringent).
Guṇa **(Property):** *Laghu* (Light) and *snigdha*.
Effect on *Tridōśa*: Pacifies *kapha*.
Actions: Appetizer, tonic and nutritive.
Therapeutics: Vomiting and polyuria.

21.11.1: *Nava madhu*-Newhoney

नवंमधुभवेत्पुष्ट्यैनातिश्लेष्महरंसरम्।
पुराणंग्राहकंरूक्षंमेदोघ्नमतिलेखनम् ॥२३॥
मधुनःशर्करायाश्चगुडस्यापिविशेषतः।
एकसंवत्सरेवृत्तेपुराणत्वंस्मृतंबुधैः ॥२४॥

Guṇa **(Physical property):** *Abhiśyandi* and *viśada*
Effect on *Tridōśa*: Pacifies *kapha*.
Actions: Laxative and nutritive.

21.11.2: *Purāṇa madhu*-Oldhoney

Guṇa (Physical property): *Rūkśa*.
Actions: Astringent.
Therapeutics: Obesity.

21.12: Some facts about *Madhu*, *Śakrā* and *Guḍa*

All three are known as one year old after time span of one year.

21.13: Use of *Madhu*

If *madhu* is given with foods with *uśaṇa*potency, during winters or persons effected heat, it acts like a poison.

21.14: *Madana* (Wax)

मदनंतुमधूच्छिष्टंमधुशेषंचसिक्थकम्।
मध्वाधारोमदनकंमधूषितमपिस्मृतम् ॥२७॥
मदनंमृदुसुस्निग्धंभूतघ्नंव्रणरोपणम्।
भग्नसन्धानकृद्वातकुष्ठवीसर्परक्तजित् ॥२८॥

Synonyms:*Madhūcchiṣṭa, madhuśēṣa, sikthaka, madhvādhāra, madanaka* and *madhūṣita.*
***Guṇa* (Physical property):** *Snigdha* and *mrdu.*
***Vīrya* (Potency):** *Śīta* (cold).
Effect on *Tridōśa*: Pacifies *vāta.*
Actions: Styptic.
Therapeutics: Microbial infections, ulcer, fractures, skin diseases, erysipelas and blood diseases.

Chapter 22: *Ikśuvarga*

22.1: *Ikśu-Saccharum officinarum* L. (Poaceae)

इक्षुर्दीर्घच्छदःप्रोक्तस्तथाभूमिरसोऽपिच |गु
डमूलोऽसिपत्रश्चतथामधुतृणःस्मृतः ||१||
इक्षवोरक्तपित्तघ्नाबल्यावृष्याःकफप्रदाः |
स्वादुपाकरसाःस्निग्धागुरवोमूत्रलाहिमाः ||२||

Synonyms:*Dīrghacchada, bhūmirasa, guḍamūla, asipatra* and *madhutṛṇa*.
***Rasa* (Taste):** *Madhura* (Sweet).
***Guṇa* (Physical property):** *Snigdha* and *gurū* (heavy).
***Vīrya* (Potency):** *Śīta* (cold).
Vipāka* (Post digestion effect):Madhura* (sweet).
Effect on *Tridōśa*: Aggravates *kapha*.
Actions: Tonic, diuretic and spermopiotic.
Therapeutics: Bleeding diathesis.

22.2: Types of *Ikśu*

पौण्ड्रकोभीरुकश्चापिवंशकःशतपोरकः |
कान्तारस्तापसेक्षुश्चकाण्डेक्षुःसूचिपत्रकः ||३||
नैपालोदीर्घपत्रश्चनीलपोरोऽथकोशकः |
मनोगुप्ताचइत्येताजातयस्तत्रकीर्तिताः ||४||

1. *Pauṇḍraka*, 2. *bhīruka*,3. *vaṁśa*, 4. *śatapōraka*, 5. *kāntāra*, 6. *tāpasēkṣu*, 7. *kāṇḍēkṣu*, 8. *sūcipatraka*, 9. *naipāla*, 10. *dīrghapatra*, 11. *nīlapōra*, 12. *kōśaka*, 13. *manōguptā*.

22.3: *Pauṇḍraka ikṣu*

वातपित्तप्रशमनोमधुरोरसपाकयोः |

सुशीतोबृंहणोबल्यःपौण्ड्रकोभीरुकस्तथा ||५||

***Rasa* (Taste):** *Madhura* (sweet).
***Vīrya* (Potency):** *Śīta* (cold).
Vipāka* (Post digestion effect):Madhura* (sweet).
Effect on *Tridōśa*: Pacifies *vāta* and *kapha*.
Actions: Tonic and nutritive.

22.4: *Kōśaka ikṣu*

कोशकोहिगुरुःशीतोरक्तपित्तक्षयापहः ||६||

***Guṇa* (Physical property):** *Gurū* (heavy).
***Vīrya* (Potency):** *Śīta* (cold).
Actions: Tonic and nutritive.
Therapeutics: Bleeding diathesis and phthisis.

22.5: *Kāntāra ikṣu*

कान्तारेक्षुर्गुरुर्वृष्यःश्लेष्मलोबृंहणःसरः ||७||

***Guṇa* (Physical property):** *Gurū* (heavy).
***Vīrya* (Potency):** *Śīta* (cold).
Actions: Spermopiotic, laxative and nutritive.
Effect on *Tridōśa*: Aggravates *kapha*.

22.6: *Dīrghapatra ikṣu*

दीर्घपत्रःसुकठिनःसक्षारोवंशकःस्मृतः ||८||

It has lengthy internodes.
***Guṇa* (Physical property):** *Kathina*.
Note: *Dīrghapatra ikṣu*is alkaline in nature.

22.7: *Śatapōraka ikṣu*

शतपर्वाभवेत्किञ्चित्कोशकारगुणान्वितः ।
विशेषात्किञ्चिदुष्णश्चसक्षारःपवनापहः ॥९॥

***Guṇa* (Physical property):** *Gurū* (heavy).
***Vīrya* (Potency):** *Śīta* (cold).
Actions: Tonic and nutritive.
Therapeutics: Bleeding diathesis and phthisis.

22.8: *Tāpasēkṣu*

तापसेक्षुर्भवेन्मृद्वीमधुराश्लेष्मकोपनी ।
तर्पणीरुचिकृच्चापिवृष्याचबलकारिणी ॥१०॥

***Rasa* (Taste):** *Madhura* (sweet).
***Guṇa* (Physical property):** *Snigdha* and *gurū* (heavy).
Effect on *Tridōśa*: Aggravates *kapha*.
Actions: Tonic, appetizer and spermopiotic.

22.9: *Kāṇḍēkṣu*

एवंगुणैस्तुकाण्डेक्षुःसतुवातप्रकोपणः ॥११॥

***Rasa* (Taste):** *Madhura* (sweet).
***Guṇa* (Physical property):** *Snigdha* and *gurū* (heavy).
Effect on *Tridōśa*: Aggravates *kapha* and *vāta*.
Actions: Tonic, appetizer and spermopiotic.

22.10: *Sūcipatraka ikṣu*

सूचीपत्रानीलपोरानैपालाश्चैववंशकाः ।
वातलाःकफपित्तघ्नाःसकषायाविदाहिनः ॥१२॥

Rasa (Taste):*Kśāya* (astringent).
Effect on *Tridōśa*: Pacifies *kapha* and *pitta* but aggravates *vāta*.
Therapeutics: Polydipsia and epistaxis.
Note: It is *vidāhī*.

22.12: *Nīlapōra ikṣu*

Rasa (Taste):*Kśāya* (astringent).
Effect on *Tridōśa*: Pacifies *kapha* and *pitta* but aggravates *vāta*.
Therapeutics: Polydipsia and bleeding diathesis.
Note: It is *vidāhī*.

22.13: *Manōgupta ikṣu*

मनोगुप्तावातहरीतृष्णामयविनाशिनी ।
सुशीतामधुराऽतीवरक्तपित्तप्रणाशिनी ॥१३॥

Rasa* (Taste):Madhura* (sweet).
Effect on *Tridōśa*: Pacifies *kapha* and *pitta* but aggravates *vāta*.
Therapeutics: Polydipsia and epistaxis.
Note: It is *Vidahi*.

22.15: Properties of *Ikśu* according to stages

बालइक्षुःकफंकुर्यान्मेदोमेहकरश्चसः ।
वातहारीयुवास्वादुरीषत्तीक्ष्णश्चपित्तनुत् ।
रक्तपित्तहरोवृद्धःक्षतहृद्बलवीर्यकृत् ॥१४॥

Unripe *Ikśu* (Œarly stage)

Effect on *Tridōśa*: Aggravates *kapha*.
Note: It produces obesity and polyuria.

Unripe *Ikśu* (Intermediate stage)

Rasa* (Taste):Madhura* (sweet).
***Guṇa* (Physical property):** *Tikśaṇa*.
***Vīrya* (Potency):** *Śīta* (cold).
Effect on *Tridōśa*: Pacifies *vāta* and *pitta*.

Ripe *Ikśu* (Intermediate stage)

Actions: Spermopiotic and tonic.
Therapeutics: Bleeding diathesis and phthisis.

22.16: Properties of *Ikśu* according to stages

लेतुमधुरोऽत्यर्थमध्येऽपिमधुरःस्मृतः।
अग्रेग्रन्थिषुबिज्ञेयइक्षुःपटुरसोजनैः ॥१५॥

1. Roots are excessively *madhura* (sweet).
2. Middle part is *madhura* (sweet).
3. Upper parts and nodes are *lavaṇa* (saline).

22.17: Juice of *Ikśu* expressed by teeth

दन्तनिष्पीडितस्येक्षोरसःपित्तास्रनाशनः।
शर्करासमवीर्यःस्यादविदाहीकफप्रदः ॥१६॥

Effect on *Tridōśa*: Pacifies *pitta* but aggravates *kapha*.
Therapeutics: Blood diseases.

22.17: Juice of *Ikśu* expressed by machine

मूलाग्रजंतुयन्त्रादिपीडनान्मलसङ्करात्।
किञ्चित्कालविधृत्याचविकृतिंयातियान्त्रिकः।

तस्माद्विदाहीविष्टम्भीगुरुःस्याद्यान्त्रिकोरसः ||१७||

***Guṇa* (Physical property):** *Gurū* (heavy), *vidāhī* and *viśtambhī*.

22.18: Juice of stale *Ikśu*

रसःपर्युषितोनेष्टोह्यम्लोवातापहोगुरुः |
कफपित्तकरःशोषीभेदनश्चातिमूत्रलः ||१८||

Rasa* (Taste):Amla* (sour).
Effect on *Tridōśa*: Pacifies *vāta* but aggravates *kapha* and *pitta*.
Actions: Diuretic and laxative.
Note: It produces consumption.

22.19: Juice of ripe *Ikśu*

पक्वोरसोगुरुःस्निग्धःसुतीक्ष्णःकफवातनुत् |
गुल्मानाहप्रशमनःकिञ्चित्पित्तकरःस्मृतः ||१९||

***Guṇa* (Physical property):** *Snigdha* and excessively *tikśaṇa*.
***Vīrya* (Potency):** *Śīta* (cold).
Effect on *Tridōśa*: Pacifies *vāta* and *kapha*.
Karma: Diuretic.
Therapeutics: Abdominal diseases and tympanites.

22.20: Foods prepared from juice of *Ikśu*

इक्षोर्विकारास्तृड्दाहमूर्च्छापित्तास्रनाशनः |
गुरवोमधुराबल्याःस्निग्धावातहराःसराः |
वृष्यामोहहराःशीताबृंहणाविषहारिणः ||२०||

***Rasa* (Taste):** *Madhura* (sweet).
***Guṇa* (Physical property):** *Gurū* (heavy).
***Vīrya* (Potency):** *Śīta* (cold).

Effect on *Tridōśa*: Pacifies *vāta* and *kapha*.
Karma: Tonic, laxative and spermopiotic.
Therapeutics: Excessive thirst, burning sensation, apoplexy, blood diseases and poisoning.

22.21: *Phāṇita*

इक्षोरसस्तुयःपक्वःकिञ्चिद्गाढोबहुद्रवः।
सएवेक्षुविकारेषुख्यातःफाणितसंज्ञया ॥२१॥
फाणितंगुर्वभिष्यन्दिबृंहणंकफशुक्रकृत्।
वातपित्तश्रमान्हन्तिमूत्रवस्तिविशोधनम् ॥२२॥

Phāṇita contains partly concentrated juice of *Ikśu* and partly liquid part.
***Rasa* (Taste):** *Madhura* (Sweet).
***Guṇa* (Physical property):** *Gurū* (heavy) and *abhiśyandi*.
Effect on *Tridōśa*: Pacifies *vāta* and *pitta* but aggravates *kapha*.
***Karma*:** Tonic, laxative and spermopiotic.
Therapeutics: Fatigue.
Note: *Phāṇita* purifies the urinary bladder.

22.22: *Matsyaṇḍī*

इक्षोरसोयःसम्पक्वोघनःकिञ्चिद्द्रवान्वितः।
मन्दंयत्स्यन्दतेतस्मात्तन्मत्स्यण्डीनिगद्यते ॥२३॥
मत्स्यण्डीभेदिनीबल्यालघ्वीपित्तानिलापहा।
मधुराबृंहणीवृष्यारक्तदोषापहास्मृता ॥२४॥

Matsyaṇḍī contains more concentrated juice of *Ikśu* and less liquid part.
***Rasa* (Taste):** *Madhura* (sweet).
***Guṇa* (Physical property):** *Laghu* (light).
Effect on *Tridōśa*: Pacifies *vāta* and *pitta* but aggravates *kapha*.
Karma: Tonic, laxative and spermopiotic.
Therapeutics: Diseases of the blood.

22.23: *Guḍa* (Jaggery)

इक्षोरसोयःसम्पक्वोजायतेलोष्टवद्दृढः।
सगुडोगौडदेशेतुमत्स्यण्ड्येवगुडोमतः ॥२५॥
गुडोवृष्योगुरुःस्निग्धोवातघ्नोमूत्रशोधनः।
नातिपित्तहरोमेदःकफक्रिमिबलप्रदः ॥२६॥

***Rasa* (Taste):** *Madhura* (sweet).
***Guṇa* (Physical property):** *Gurū* (heavy).
Effect on *Tridōśa*: Pacifies *vāta* and *pitta* but aggravates *kapha*.
Karma: Tonic and spermopiotic.
Therapeutics: Worm infestation.
Note: 1. *Guḍa*purifies urinary bladder.
2. It leads to obesity.

22.24: Old *Guḍa*

गुडोजीर्णोलघुःपथ्योऽनभिष्यन्द्यग्निपुष्टिकृत्।
पित्तघ्नोमधुरोवृष्योवातघ्नोऽसृक्प्रसादनः ॥२७॥

***Rasa* (Taste):** *Madhura* (sweet).
Guṇa (Physical property): *Laghu* (light) and *abhiśyandi*.
Effect on *Tridōśa*: Pacifies *pitta*.
***Karma*:** Nutritive, alterative and spermopiotic.
Therapeutics: Worm infestation.

22.25: New *Guḍa*

गुडोनवःकफश्वासकासक्रिमिकरोऽग्निकृत् ॥२८॥

Karma: Appetizer.
Note: It leads to cough, asthma and worm infestation.

22.26: Use of *Guḍa* as vehicle

श्लेष्माणमाशुविनिहन्तिसदार्द्रकेणपित्तंनिहन्तिचतदेवहरीतकीभिः।
शुण्ठ्यासमंहरतिवातमशेषमित्थंदोषत्रयक्षयकरायनमोगुडाय ॥२९॥

1. If given with *ārdaka*, *guda* tackles *kapha*.
2. If given with *harītakī*, *guda* tackles *pitta*.
3. If given with *śunthī*, *guda* tackles *vāta*.

22.27: *Khaṇḍa*

खण्डंतुमधुरंवृष्यंचक्षुष्यंबृंहणंहितम्।
वातपित्तहरंस्निग्धंबल्यंवान्तिहरंपरम् ॥३०॥

***Rasa* (Taste):** *Madhura* (sweet).
***Guṇa* (Physical property):** *Snigdha*.
***Vīrya* (Potency):** *Śīta* (cold).
Effect on *Tridōśa*: Pacifies *vāta* and *pitta*.
Karma: Nutritive, alterative and spermopiotic.
Therapeutics: Eye diseases and vomiting.

22.28: *Śarkarā*

खण्डन्तुसिकतारूपंसुश्वेतंशर्करासिता।
सितासुमधुरारुच्यावातपित्तास्रदाहहृत्।
मूर्च्छाच्छर्दिज्वरान्हन्तिसुशीताशुक्रकारिणी ॥३१॥

***Rasa* (Taste):** *Madhura* (sweet).
***Vīrya* (Potency):** *Śīta* (cold).
Effect on *Tridōśa*: Pacifies *vāta* and *pitta*.
***Karma*:** Appetizer and spermopiotic.
Therapeutics: Burning sensation, blood diseases, apoplexy, vomiting and fever.

22.29.1: *Puṣpasitā* (*Śakarā* prepared from flower)

भवेत्पुष्पसिताशीतारक्तपित्तहरीलघुः ।

Rasa **(Taste):** *Madhura* (sweet).
Guṇa **(Physical property):** *Laghu* (light).
Therapeutics: Bleeding diathesis.

22.29.2: *Sitōpalā*

सितोपलासरालघ्वीवातपित्तहरीहिमा ॥३२॥

Rasa **(Taste):** *Madhura* (sweet).
Guṇa **(Physical property):** *Laghu* (light).
Effect on *Tridōśa*: Pacifies *vāta* and *pitta*.
Actions: Laxative.

22.29.3: *Madhuśarkarā* (*Śakarā* prepared from honey)

मधुजाशर्करारूक्षाकफपित्ताहरागुरुः ।
छर्द्यतीसारतृड्दाहरक्तहृत्तुवराहिमा ॥३३॥

Rasa **(Taste):** *Kśāya* (astringent).
Guṇa **(Physical property):** *Gurū* (heavy) and *rūkśa*.
Vīrya **(Potency):** *Śīta* (cold).
Effect on *Tridōśa*: Pacifies *kapha* and *pitta*.
Therapeutics: Vomiting, diarrhea, excessive thirst, burning sensation and blood diseases.

22.30: Some facts

यथायथैषांनैर्मल्यंमधुरत्वंयथायथा ।
स्नेहलाघवशैत्यादिसरत्वञ्चतथातथा ॥३४॥

As *madhura rasa* increase in the products described above, they become more *snigdha*, śīta and laxative.

Chapter 23: *Anēkarthvarga*

23.1: *Dvyarthakanāma*-Two drugs having same synonym

अश्मन्तकः - अम्ललोणिका, कोविदारश्च |१|

कठिल्लकः - कारवेल्लः, रक्तपुनर्नवाच |२|

कुलकः - पटोलं, कुपीलुश्च |३|

कोशातकी - महाकोशातकी, राजकोशातकी |४|

दीप्यकः - यवानी, अजमोदाच |५|

मरुबकः - फणिज्जकः, पिण्डीतकश्च |६|

मधूलिका - मूर्वा, जलयष्टीच |७|

रुचकम् - सौवर्चलं, बीजपूरकंच |८|

लोणिका - लोणीशाकं, चाङ्गेरीशाकंच |९|

वसुकः - रक्तार्कः, क्षारलवणंच |१०|

बाह्लीकं - कुंकुमं, हिंगुच |११|

वितुन्नकम् - धान्यकं, तुत्थंच |१२|

स्वादुकण्टकः - गोक्षुरो, विकङ्कतश्च |१३|

अग्निमुखी - भल्लातकी, लाङ्गलीच |१४|

अग्निशिखम् - कुंकुमं, कुसुम्भंच |१५|

अजशृङ्गी - मेषशृङ्गी, कर्कटशृङ्गीच |१६|

प्रियङ्गुः - फलिनी, कंगुश्च |१७|

भृङ्गः - भृङ्गराजः, त्वक्च |१८|

समङ्गा - मञ्जिष्ठा, लज्जालुश्च |१९|

अमोघा - विडङ्गं, पाटलाच |२०|

मोचा - कदली, शाल्मलिश्च |२१|

कुटन्नटः - श्योनाकः, कैवर्त्तीमुस्तंच |२२|

कुनटी - धनिका, मनःशिलाच |२३|
घोण्टा - पूगः, बदरीच |२४|
त्रिपुटा - त्रिवृत्, सूक्ष्मैलाच |२५|
शठी - कर्चूरः, गन्धपलाशीच |२६|
दन्तशठः - जम्बीरः, कपित्थश्च |२७|
दन्तशठा - अम्लिका, चाङ्गेरीच |२८|
अरुणम् - मञ्जिष्ठा, अतिविषाच |२९|
कणा - पिप्पली, जीरकंच |३०|
तालपर्णी - मुशली, मुराच |३१|
पीलुपर्णी - मूर्वा, बिम्बीच |३२|
ब्राह्मणी - भार्ङ्गी, स्पृक्काच |३३|
अपराजिता - विष्णुक्रान्ता, शालिपर्णीच |३४|
आस्फोता - अपराजिता, सारिवाच |३५|
पारावतपदी - ज्योतिष्मती, काकजंघाच |३६|
शारदी - सारिवा, जलपिप्पलीच |३७|
उग्रगन्धा - वचा, यवानीच |३८|
परिव्याधः - कर्णिकारः, जलवेतसश्च |३९|
अञ्जनम् - स्रोतोञ्जनं, सौवीरश्च |४०|
अग्निः - चित्रकः, भल्लातश्च |४१|
कृमिघ्नः - विडङ्गः, हरिद्राच |४२|
तेजनः - शरः, वेणुश्च |४३|
तेजनी - तेजस्वती, मूर्वाच |४४|
रोचनः - कम्पिल्लः, रोचनाच |४५|
राजादनम् - क्षीरिका, प्रियालश्च |४६|
शकुलादनी - कटुका, जलपिप्पलीच |४७|
गोलोमी - श्वेतदूर्वा, वचाच |४८|
पद्मा - पद्मचारिणी, भार्ङ्गीच |४९|

श्यामा - सारिवा, प्रियङ्गुश्च |५०|
उत्तमा - त्रिफला, सर्वतोभद्राच |५१|
धान्यम् - धान्याकं, शाल्यादिच |५२|
सहस्रवीर्या - नीलदूर्वा, महाशतावरीच |५३|
सेव्यम् - उशीरं, लामज्जकंच |५४|
उदुम्बरः - जन्तुफलं, ताम्रंच |५५|
ऐन्द्री - इन्द्रवारुणी, इन्द्राणीच |५६|
कटम्भरा - कटुका, श्योनाकंच |५७|
क्षारः - यवक्षारःस्वर्जिकाच |५८|
गण्डीरः - गण्डारी, मञ्जिष्ठाच |५९|
गन्धारी - दुरालभा, गन्धपलाशीच |६०|
चित्रा - इन्द्रवारुणी, बृहद्दन्तीच |६१|
तुंडिकेरी - कार्पासी, बिम्बीच |६२|
धारा - गुडूची, क्षीरकाकोलीच |६३|
बालपत्रः - खदिरः, यवासश्च |६४|
वारि - बालकम्, उदकंच |६५|
अङ्गारवल्ली- भार्ङ्गीगुञ्जाच |६६|
अमृणालं - लामज्जकम्, उशीरंच |६७|
कुण्डली - गुडूची, कोविदारश्च |६८|
गन्धफली - प्रियङ्गुः, चम्पककलिकाच |६९|
दीर्घमूलः - यवासः, शालिपर्णीच |७०|
पिच्छिला - शाल्मली, शिंशपाच |७१|
पुष्पफलः - कपित्थः, कूष्माण्डश्च |७२|
पोटगलः - नलः, काशश्च |७३|
यवफलः - कुटजः, वंशश्च |७४|
देवी - मूर्वा, स्पृक्काच |७५|
विश्वा - शुण्ठी, अतिविषाच |७६|

शीतशिवम् - सैन्धवं, मिश्रेयाच |७७|

कर्कशः - काम्पिल्यः, कासमर्दश्च |७८|

चर्मकषा - शातला, मांसरोहिणीच |७९|

नन्दिवृक्षः - अश्वत्थभेदः, गोमुखपत्रशाखः |८०|

पयः - क्षीरम्, उदकंच |८१|

रुहा - दूर्वा, मांसरोहिणीच |८२|

सिंही - बृहती, वासाच |८३|

कतकम् - विडलवणम्, निर्मलीफलंच |८४|

कण्टकाढ्या - कुब्जकः, शाल्मलीच |८५|

यक्षधूप - सरलनिर्यासः, रालञ्च ||८६||

द्राविडी - शटी, सूक्ष्मैलाच ||८७||

हट्टविलासिनी - हरिद्रा, नखीच ||८८||

तिलपर्णम् - रक्तचन्दनम्, ग्रन्थिपर्णच ||८९||

मधुर - जीवकः, जीवनीयगणश्च ||९०||

लोहद्रावणी - गण्डदूर्वा, अम्लवेतसश्च ||९१||

नागिनी - ताम्बूली, नागपुष्पीच ||९२||

मृदुरेचनी - त्रिवृत्, मार्कण्डिकाच ||९३||

नट - श्योनाकः, अशोकश्च ||९४||

वनस्पति - वटः, नन्दिवृक्षश्च ||९५||

मन्दार - श्वेतार्कः, महानिम्बश्च ||९६||

अम्बुज - कमलम्, इज्जलश्च ||९७||

कबरी - बर्बरी, हिङ्गुपत्रीच ||९८||

कुमारी - घृतकुमारिका, शतपत्रीच ||९९||

वरतिक्तक - पाठा, पर्पटश्च ||१००||

चित्रक - एरण्डः, अनलनामाच ||१०१||

यज्ञिय - खदिरः, पलाशश्च ||१०२||

रक्तबीज - अरिष्टकः, कन्दुरीच ||१०३||

क्षारश्रेष्ठ - पलाशः, मोक्षकश्च ||१०४||
श्वेतपुष्प - श्वेतार्कः, इन्द्रवारुणीच ||१०५||
तुवरी - सौराष्ट्री, आढकीच ||१०६||
कुम्भिका - कट्फलः, वारिपर्णीच ||१०७||
राजपुत्रिका - रेणुका, जातीच ||१०८||
रक्तपुष्प - रक्तार्कः, कन्दुरीच ||१०९||
सप्तला - शातला, वासन्तीच ||११०||
विषमुष्टिक - महानिम्बः, विषतिन्दुकश्च ||१११||
रक्तफला - स्वर्णवल्ली, वटश्च ||११२||
चन्द्रहासा - गुडूची, लक्ष्मणाच ||११३||
इतिद्व्यर्थानिनामानि ||११४||

aśmantakaḥ - amlalōṇikā, kōvidāraśca |1|
kaṭhillakaḥ - kāravēllaḥ, raktapunarnavā ca |2|
kulakaḥ - paṭōlaṁ, kupīluśca |3|
kōśātakī - mahākōśātakī, rājakōśātakī |4|
dīpyakaḥ - yavānī, ajamōdā ca |5|
marubakaḥ - phaṇijjakaḥ, piṇḍītakaśca |6|
madhūlikā - mūrvā, jalayaṣṭī ca |7|
rucakam - sauvarcalaṁ, bījapūrakaṁ ca |8|
lōṇikā - lōṇīśākaṁ, cāṅgērīśākaṁ ca |9|
vasukaḥ - raktārkaḥ, kṣāralavaṇaṁ ca |10|
bāhlīkaṁ - kuṁkumaṁ, hiṁgu ca |11|
vitunnakam - dhānyakaṁ, tutthaṁ ca |12|
svādukaṇṭakaḥ - gōkṣurō, vikaṅkataśca |13|
agnimukhī - bhallātakī, lāṅgalī ca |14|
agniśikham - kuṁkumaṁ, kusumbhaṁ ca |15|
ajaśṛṅgī - mēṣaśṛṅgī, karkaṭaśṛṅgī ca |16|
priyaṅguḥ - phalinī, kaṁguśca |17|
bhṛṅgaḥ - bhṛṅgarājaḥ, tvak ca |18|
samaṅgā - mañjiṣṭhā, lajjāluśca |19|
amōghā - viḍaṅgaṁ, pāṭalā ca |20|
mōcā - kadalī, śālmaliśca |21|
kuṭannaṭaḥ - śyōnākaḥ, kaivarttīmustaṁ ca |22|
kunaṭī - dhanikā, manaḥśilā ca |23|

ghōṇṭā - pūgaḥ, badarī ca |24|
tripuṭā - trivṛt, sūkṣmailā ca |25|
śaṭhī - karcūraḥ, gandhapalāśī ca |26|
dantaśaṭhaḥ - jambīraḥ, kapitthaśca |27|
dantaśaṭhā - amlikā, cāṅgērī ca |28|
aruṇam - mañjiṣṭhā, ativiṣā ca |29|
kaṇā - pippalī, jīrakaṁ ca |30|
tālaparṇī - muśalī, murā ca |31|
pīluparṇī - mūrvā, bimbī ca |32|
brāhmaṇī - bhārṅgī, spṛkkā ca |33|
aparājitā - viṣṇukrāntā, śāliparṇī ca |34|
āsphōtā - aparājitā, sārivā ca |35|
pārāvatapadī - jyōtiṣmatī, kākajaṁghā ca |36|
śāradī - sārivā, jalapippalī ca |37|
ugragandhā - vacā, yavānī ca |38|
parivyādhaḥ - karṇikāraḥ, jalavētasaśca |39|
añjanam - srōtōñjanaṁ, sauvīraśca |40|
agniḥ - citrakaḥ, bhallātaśca |41|
kṛmighnaḥ - viḍaṅgaḥ, haridrā ca |42|
tējanaḥ - śaraḥ, vēṇuśca |43|
tējanī - tējasvatī, mūrvā ca |44|
rōcanaḥ - kampillaḥ, rōcanā ca |45|
rājādanam - kṣīrikā, priyālaśca |46|
śakulādanī - kaṭukā, jalapippalī ca |47|
gōlōmī - śvētadūrvā, vacā ca |48|
padmā - padmacāriṇī, bhārṅgī ca |49|
śyāmā - sārivā, priyaṅguśca |50|
uttamā - triphalā, sarvatōbhadrā ca |51|
dhānyam - dhānyākaṁ, śālyādi ca |52|
sahasravīryā - nīladūrvā, mahāśatāvarī ca |53|
sēvyam - uśīraṁ, lāmajjakaṁ ca |54|
udumbaraḥ - jantuphalaṁ, tāmraṁ ca |55|
aindrī - indravāruṇī, indrāṇī ca |56|
kaṭambharā - kaṭukā, śyōnākaṁ ca |57|
kṣāraḥ - yavakṣāraḥ svarjikā ca |58|
gaṇḍīraḥ - gaṇḍārī, mañjiṣṭhā ca |59|
gandhārī - durālabhā, gandhapalāśī ca |60|
citrā - indravāruṇī, bṛhaddantī ca |61|
tuṁḍikērī - kārpāsī, bimbī ca |62|
dhārā - guḍūcī, kṣīrakākōlī ca |63|

bālapatraḥ - khadiraḥ, yavāsaśca |64|
vāri - bālakam, udakaṁ ca |65|
aṅgāravallī- bhārṅgī guñjā ca |66|
amṛṇālaṁ - lāmajjakam, uśīraṁ ca |67|
kuṇḍalī - guḍūcī, kōvidāraśca |68|
gandhaphalī - priyaṅguḥ, campakakalikā ca |69|
dīrghamūlaḥ - yavāsaḥ, śāliparṇī ca |70|
picchilā - śālmalī, śiṁśapā ca |71|
puṣyaphalaḥ - kapitthaḥ, kūṣmāṇḍaśca |72|
pōṭagalaḥ - nalaḥ, kāśaśca |73|
yavaphalaḥ - kuṭajaḥ, vaṁśaśca |74|
dēvī - mūrvā, spṛkkā ca |75|
viśvā - śuṇṭhī, ativiṣā ca |76|
śītaśivam - saindhavaṁ, miśrēyā ca |77|
karkaśaḥ - kāmpilyaḥ, kāsamardaśca |78|
carmakaṣā - śātalā, māṁsarōhiṇī ca |79|
nandivṛkṣaḥ - aśvatthabhēdaḥ, gōmukhapatraśākhaḥ |80|
payaḥ - kṣīram, udakaṁ ca |81|
ruhā - dūrvā, māṁsarōhiṇī ca |82|
siṁhī - bṛhatī, vāsā ca |83|
katakam - viḍalavaṇam, nirmalīphalaṁ ca |84|
kaṇṭakāḍhyā - kubjakaḥ, śālmalī ca |85|
yakṣadhūpa - saralaniryāsaḥ, rālañca ||86||
drāviḍī - śaṭī, sūkṣmailā ca ||87||
haṭṭavilāsinī - haridrā, nakhī ca ||88||
tilaparṇam - raktacandanam, granthiparṇa ca ||89||
madhura - jīvakaḥ, jīvanīyagaṇaśca ||90||
lōhadrāvaṇī - gaṇḍadūrvā, amlavētasaśca ||91||
nāginī - tāmbūlī, nāgapuṣpī ca ||92||
mṛdurēcanī - trivṛt, mārkaṇḍikā ca ||93||
naṭa - śyōnākaḥ, aśōkaśca ||94||
vanaspati - vaṭaḥ, nandivṛkṣaśca ||95||
mandāra - śvētārkaḥ, mahānimbaśca ||96||
ambuja - kamalam, ijjalaśca ||97||
kabarī - barbarī, hiṅgupatrī ca ||98||
kumārī - ghṛtakumārikā, śatapatrī ca ||99||
varatiktaka - pāṭhā, parpaṭaśca ||100||
citraka - ēraṇḍaḥ, analanāmā ca ||101||
yajñiya - khadiraḥ, palāśaśca ||102||
raktabīja - ariṣṭakaḥ, kandurī ca ||103||

kṣāraśrēṣṭha - palāśaḥ, mōkṣakaśca ||104||
śvētapuṣpa - śvētārkaḥ, indravāruṇī ca ||105||
tuvarī - saurāṣṭrī, āḍhakī ca ||106||
kuṁbhikā - kaṭphalaḥ, vāriparṇī ca ||107||
rājaputrikā - rēṇukā, jātī ca ||108||
raktapuṣpa - raktārkaḥ, kandurī ca ||109||
saptalā - śātalā, vāsantī ca ||110||
viṣamuṣṭika - mahānimbaḥ, viṣatindukaśca ||111||
raktaphalā - svarṇavallī, vaṭaśca ||112||
candrahāsā - guḍūcī, lakṣmaṇā ca ||113||

23.2: *Tryarthakanāma*-Three drugs having same synonym

क्रमुकः - पूगः, तूदः, पट्टिकालोध्रश्च |१|
क्षुरकः - कोकिलाक्षः, गोक्षुरः, तिलकनामपुष्पविशेषश्च |२|
प्रियकः - प्रियङ्गुः, कदम्बः, असनश्च |३|
पृथ्वीका - कालाजाजी, बृहदेला, हिङ्गुपत्रीच ||४||
भूतीकं - भूनिम्बं, कत्तृणं, भूस्तृणंच ||५||
सोमवल्कः - कट्फलः, श्वेतखदिरः, घृतपूर्णकरञ्जश्च ||६||
सौगन्धिकं - कह्लारं, कत्तृणं, गन्धकंच ||७||
भृङ्गः - भृङ्गराजः, त्वग्, भ्रमरश्च ||८||
अरिष्टः - निम्बः, रसोनं, मद्यंच ||९||
मर्कटी - कपिकच्छुः, अपामार्गः, करञ्जीच ||१०||
अम्बष्ठा - पाठा, चाङ्गेरी, मोचिकाच ||११||
कृष्णा - पिप्पली, कालाजी, नीलीच ||१२||
क्षीरिणी - दुग्धिका, क्षीरकाकोली, श्वेतसारिवाच ||१३||
मधुपर्णी - गुडूची, गम्भारी, नीलाच ||१४||
मण्डूकपर्णः - श्योनाकः, मञ्जिष्ठा, ब्रह्ममाण्डूकीच ||१५||
श्रीपर्णी - गम्भारी, गणिकारिका, कट्फलंच ||१६||
अमृता - गुडूची, हरीतकी, धात्रीच ||१७||

अनन्ता - दुरालभा, नीलदूर्वा, लाङ्गलीच ॥१८॥
ऋष्यप्रोक्ता - अतिबला, महाशतावरी, कपिकच्छुश्च ॥१९॥
कृष्णवृन्ता - पाटली, गम्भारी, माषपर्णीच ॥२०॥
जीवन्ती - गुडूची, शाकविशेषः, वन्दाच ॥२१॥
लता - सारिवा, प्रियंगुः, ज्योतिष्मतीच ॥२२॥
समुद्रान्ता - दुरालभा, कार्पासी, स्पृक्काच ॥२३॥
हैमवती - हरीतकी, श्वेतवचा, पीतदुग्धःसेहुंडश्च ॥२४॥
अव्यथा - हरीतकी, महाश्रावणी, पद्‌मचारिणीच ॥२५॥
षड्ग्रन्था - वचा, गन्धपलाशी, करञ्जीच ॥२६॥
वरदा - सुवर्चला, अश्वगन्धा, वाराहीच ॥२७॥
इक्षुगन्धा - काशः, कोकिलाक्षः, क्षीरविदारीच ॥२८॥
कालस्कन्धः - तमालः, तिन्दुकं, कालखदिरश्च ॥२९॥
महौषधम् - शुण्ठी, रसोनः, विषंच ॥३०॥
मधु - क्षौद्रं, पुष्परसः, मद्‌यंच ॥३१॥
कपीतनः - आम्रातकः, शिरीषः, गर्दभाण्डश्च ॥३२॥
मदनः - पिण्डीतकः, धत्तूरः, सिक्थकंच ॥३३॥
शतपर्वा - वंशः, दूर्वा, वचाच ॥३४॥
सहस्रवेधी - अम्लवेतसः, मृगमदः, हिंगुच ॥३५॥
ताम्रपुष्पी - धातकी, पाटला, श्यामात्रिवृच्च ॥३६॥
सदापुष्पा - श्वेतार्कः, रक्तार्कः, कुन्दंच ॥३७॥
सुरभी - शल्लकी(सल्लकी), मुरा, एलवालुकंच ॥३८॥
लक्ष्मीः - ऋद्‌धिः, वृद्‌धिः, शमीच ॥३९॥
कालानुसार्यम् - कालीयकं, तगरं, शैलेयंच ॥४०॥
चांपेयः - चंपकः, नागकेसरः, पद्‌मकेसरश्च ॥४१॥
नादेयी - गणिकारिका, जलजम्बूः, जलवेतसीच ॥४२॥
पाक्यम् - विडम्, सौवर्चलम्, यवक्षारश्च ॥४३॥
विशल्या - लाङ्गली, गुडूची, लघुदन्तीच ॥४४॥

इन्द्रद्रुः - ककुभः, देवदारुः, कुटजश्च ||४५||
काश्मीरम् - कुंकुमम्, पुष्करमूलम्, गम्भारीच ||४६||
काश्मीरी - गुन्द्रः, पटेरकः, शरश्च ||४७||
गुन्द्रा - प्रियंगुः, भद्रम्, मुस्तकंच ||४८||
चुक्रम् - पत्राम्ला, अम्लवेतसम्, वृक्षाम्लश्च ||४९||
पारिभद्रः - निम्बःपारिजातः, देवदारुच ||५०||
पीतदारु - हरिद्रा, देवदारु, सरलश्च ||५१||
वीरः - ककुभः, वीरणं, काकोलीच ||५२||
वीरतरुः - ककुभः, वीरणम्, शरश्च ||५३||
मयूरः - अपामार्गः, अजमोदा, तुत्थंच ||५४||
रक्तसारः - रक्तचन्दनं, पतङ्गं, खदिरश्च ||५५||
बदरा - सुवर्चला, अश्वगन्धा, वाराहीच ||५६||
वसिरः - रक्तापामार्गः, गजपिप्पली, समुद्रलवणंच ||५७||
सौवीरम् - अञ्जनभेदः, बदरम्, सन्धानभेदश्च ||५८||
वञ्जुलः - अशोकः, वेतसः, तिनिशश्च ||५९||
शिला - मनःशिला, शिलाजतु, गैरिकंच ||६०||
सोमवल्ली - बाकुची, गुडूची, ब्राह्मीच ||६१||
अक्षीवः - शोभाञ्जनः, महानिम्बः, समुद्रलवणंच ||६२||
कारवी - कालाजाजी, शताह्वा, अजमोदाच ||६३||
धामार्गवः - रक्तापामार्गः, राजकोशातकी, महाकोशातकीच ||६४||
दुःस्पर्शः - यवासः, कपिकच्छूः, कण्टकारीच ||६५||
पलाशः - किंशुकः, गन्धपलाशी, पत्रंच ||६६||
कालमेषी - मञ्जिष्ठा, बाकुची, श्यामात्रिवृच्च ||६७||
पलङ्कषा - गुग्गुलुः, गोक्षुरः, लाक्षाच ||६८||
मधुरसा - द्राक्षा, मूर्वा, गम्भारीच ||६९||
रसा - रास्ना, शल्लकी, पाठाच ||७०||
श्रेयसी - हरीतकी, रास्ना, गजपिप्पलीच ||७१||

लोहम् - अयः, कांस्यम्, अगुरुच ||७२||
सहा - मुद्गपर्णी, बलाभेदः, शतपत्री ||७३||
रास्ना - नाकुली, नीलपुष्पःसिन्दुवारश्च ||७४||
कठिल्लक - कारवेल्लः, रक्तपुनर्नवा, कृष्णवर्वरीच ||७५||
मधूलिका - मूर्वा, यष्टी, जलमधूकश्च ||७६||
वितुन्नकम् - धान्यकम्, तुत्थकम्, गोनर्दश्च ||७७||
देवी - स्पृक्का, मूर्वा, वन्ध्याकर्कोटीच ||७८||
वसुक - शिवमल्ला, श्वेतार्कः, रोमकंच ||७९||
गण्डीर - शाकविशेषः, मञ्जिष्ठा, गण्डदूर्वाच ||८०||
लाङ्गली - कलिहारी, जलपिप्पली, नारिकेलश्च ||८१||
पिच्छिला - शिंशपा, शाल्मलिः, भूतवृक्षश्च ||८२||
महासहा - माषपर्णी, अम्लातकः, कुब्जकश्च ||८३||
चन्द्रिका - मेथी, चन्द्रशूरः, श्वेतकण्टकारीच ||८४||
इतित्र्यर्थानिनामानि ||८५||

kramukaḥ - pūgaḥ, tūdaḥ, paṭṭikālōdhraśca |1|
kṣurakaḥ - kōkilākṣaḥ, gōkṣuraḥ, tilakanāmapuṣpaviśēṣaśca |2|
priyakaḥ - priyaṅguḥ, kadambaḥ, asanaśca |3|
pr̥thvīkā - kālājājī, br̥hadēlā, hiṅgupatrī ca ||4||
bhūtīkaṁ - bhūnimbaṁ, kattr̥ṇaṁ, bhūstr̥ṇaṁ ca ||5||
sōmavalkaḥ - kaṭphalaḥ, śvētakhadiraḥ, ghr̥tapūrṇakarañjaśca ||6||
saugandhikaṁ - kahlāraṁ, kattr̥ṇaṁ, gandhakaṁ ca ||7||
bhr̥ṅgaḥ - bhr̥ṅgarājaḥ, tvag, bhramaraśca ||8||
ariṣṭaḥ - nimbaḥ, rasōnaṁ, madyaṁ ca ||9||
markaṭī - kapikacchuḥ, apāmārgaḥ, karañjī ca ||10||
ambaṣṭhā - pāṭhā, cāṅgērī, mōcikā ca ||11||
kr̥ṣṇā - pippalī, kālājī, nīlī ca ||12||
kṣīriṇī - dugdhikā, kṣīrakākōlī, śvētasārivā ca ||13||
madhuparṇī - guḍūcī, gambhārī, nīlā ca ||14||
maṇḍūkaparṇaḥ - śyōnākaḥ, mañjiṣṭhā, brahmamāṇḍūkī ca ||15||
śrīparṇī - gambhārī, gaṇikārikā, kaṭphalaṁ ca ||16||
amr̥tā - guḍūcī, harītakī, dhātrī ca ||17||
anantā - durālabhā, nīladūrvā, lāṅgalī ca ||18||
r̥ṣyaprōktā - atibalā, mahāśatāvarī, kapikacchuśca ||19||

kṛṣṇavṛntā - pāṭalī, gambhārī, māṣaparṇī ca ||20||
jīvantī - guḍūcī, śākaviśēṣaḥ, vandā ca ||21||
latā - sārivā, priyaṁguḥ, jyōtiṣmatī ca ||22||
samudrāntā - durālabhā, kārpāsī, spṛkkā ca ||23||
haimavatī - harītakī, śvētavacā, pītadugdhaḥ sēhuṁḍaśca ||24||
avyathā - harītakī, mahāśrāvaṇī, padmacāriṇī ca ||25||
ṣaḍgranthā - vacā, gandhapalāśī, karañjī ca ||26||
varadā - suvarcalā, aśvagandhā, vārāhī ca ||27||
ikṣugandhā - kāśaḥ, kōkilākṣaḥ, kṣīravidārī ca ||28||
kālaskandhaḥ - tamālaḥ, tindukaṁ, kālakhadiraśca ||29||
mahauṣadham - śuṇṭhī, rasōnaḥ, viṣaṁ ca ||30||
madhu - kṣaudraṁ, puṣparasaḥ, madyaṁ ca ||31||
kapītanaḥ - āmrātakaḥ, śirīṣaḥ, gardabhāṇḍaśca ||32||
madanaḥ - piṇḍītakaḥ, dhattūraḥ, sikthakaṁ ca ||33||
śataparvā - vaṁśaḥ, dūrvā, vacā ca ||34||
sahasravēdhī - amlavētasaḥ, mṛgamadaḥ, hiṁgu ca ||35||
tāmrapuṣpī - dhātakī, pāṭalā, śyāmā trivṛcca ||36||
sadāpuṣpā - śvētārkaḥ, raktārkaḥ, kundaṁ ca ||37||
surabhī - śallakī(sallakī), murā, ēlavālukaṁ ca ||38||
lakṣmīḥ - ṛddhiḥ, vṛddhiḥ, śamī ca ||39||
kālānusāryam - kālīyakaṁ, tagaraṁ, śailēyaṁ ca ||40||
cāṁpēyaḥ - caṁpakaḥ, nāgakēsaraḥ, padmakēsaraśca ||41||
nādēyī - gaṇikārikā, jalajambūḥ, jalavētasī ca ||42||
pākyam - viḍam, sauvarcalam, yavakṣāraśca ||43||
viśalyā - lāṅgalī, guḍūcī, laghudantī ca ||44||
indradruḥ - kakubhaḥ, dēvadāruḥ, kuṭajaśca ||45||
kāśmīram - kuṁkumam, puṣkaramūlam, gambhārī ca ||46||
kāśmīrī - gundraḥ, paṭērakaḥ, śaraśca ||47||
gundrā - priyaṁguḥ, bhadram, mustakaṁ ca ||48||
cukram - patrāmlā, amlavētasam, vṛkṣāmlaśca ||49||
pāribhadraḥ - nimbaḥ pārijātaḥ, dēvadāru ca ||50||
pītadāru - haridrā, dēvadāru, saralaśca ||51||
vīraḥ - kakubhaḥ, vīraṇaṁ, kākōlī ca ||52||
vīrataruḥ - kakubhaḥ, vīraṇam, śaraśca ||53||
mayūraḥ - apāmārgaḥ, ajamōdā, tutthaṁ ca ||54||
raktasāraḥ - raktacandanaṁ, pataṅgaṁ, khadiraśca ||55||
badarā - suvarcalā, aśvagandhā, vārāhī ca ||56||
vasiraḥ - raktāpāmārgaḥ, gajapippalī, samudralavaṇaṁ ca ||57||
sauvīram - añjanabhēdaḥ, badaram, sandhānabhēdaśca ||58||
vañjulaḥ - aśōkaḥ, vētasaḥ, tiniśaśca ||59||

śilā - manaḥśilā, śilājatu, gairikaṁ ca ||60||
sōmavallī - bākucī, guḍūcī, brāhmī ca ||61||
akṣīvaḥ - śōbhāñjanaḥ, mahānimbaḥ, samudralavaṇaṁ ca ||62||
kāravī - kālājājī, śatāhvā, ajamōdā ca ||63||
dhāmārgavaḥ - raktāpāmārgaḥ, rājakōśātakī, mahākōśātakī ca ||64||
duḥsparśaḥ - yavāsaḥ, kapikacchūḥ, kaṇṭakārī ca ||65||
palāśaḥ - kiṁśukaḥ, gandhapalāśī, patraṁ ca ||66||
kālamēṣī - mañjiṣṭhā, bākucī, śyāmātrivṛcca ||67||
palaṅkaṣā - gugguluḥ, gōkṣuraḥ, lākṣā ca ||68||
madhurasā - drākṣā, mūrvā, gambhārī ca ||69||
rasā - rāsnā, śallakī, pāṭhā ca ||70||
śrēyasī - harītakī, rāsnā, gajapippalī ca ||71||
lōham - ayaḥ, kāṁsyam, aguru ca ||72||
sahā - mudgaparṇī, balābhēdaḥ, śatapatrī ||73||
rāsnā - nākulī, nīlapuṣpaḥ sinduvāraśca ||74||
kaṭhillaka - kāravēllaḥ, raktapunarnavā, kṛṣṇavarvarī ca ||75||
madhūlikā - mūrvā, yaṣṭī, jalamadhūkaśca ||76||
vitunnakam - dhānyakam, tutthakam, gōnardaśca ||77||
dēvī - spṛkkā, mūrvā, vandhyākarkōṭī ca ||78||
vasuka - śivamallā, śvētārkaḥ, rōmakaṁ ca ||79||
gaṇḍīra - śākaviśēṣaḥ, mañjiṣṭhā, gaṇḍadūrvā ca ||80||
lāṅgalī - kalihārī, jalapippalī, nārikēlaśca ||81||
picchilā - śiṁśapā, śālmaliḥ, bhūtavṛkṣaśca ||82||
mahāsahā - māṣaparṇī, amlātakaḥ, kubjakaśca ||83||
candrikā - mēthī, candraśūraḥ, śvētakaṇṭakārī ca ||84||

23.3 *Caturarthakanāma*-Four drugs having same synonym

श्वेतपुष्पा - इन्द्रवारुणी, सिन्दुवारः, श्वेतार्कः, सैरेयकश्च |१|
कारवी - पृथ्वीका, शतपुष्पा, कालाजाजी, अजमोदाच |२|
अम्बष्ठा - पाठा, चाङ्गेरी, माचिका, यूथिकाचइति |
इतिचतुरर्थकानिनामानि |३|

śvētapuṣpā - indravāruṇī, sinduvāraḥ, śvētārkaḥ, sairēyakaśca |1|
kāravī - pṛthvīkā, śatapuṣpā, kālājājī, ajamōdā ca |2|
ambaṣṭhā - pāṭhā, cāṅgērī, mācikā, yūthikā.

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